

FINDING YOUR DOMME

PRACTICAL, STEP-BY-STEP ADVICE FOR THE
SUBMISSIVE MAN SEEKING A DOMINANT WOMAN



SYDNEY & LOGAN HART

Finding Your Domme

Practical, Step-by-step Advice for the
Submissive Man Seeking a Dominant Woman

Second Edition

Sydney and Logan Hart

www.mensubmit.com

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Introduction

Welcome

Hello. Thank you for reading "How to meet a dominant woman". However this book found its way into your hands, we're glad it did. We really hope that you find this book both fun and useful. If this were a book about fly-fishing or speed-dating, you would probably expect the next few paragraphs to be an author introduction and perhaps a guide to the parts of the book. Don't worry; we will get to that.

Because the content of this book is a little 'unusual' instead we are going to get the ball rolling with two simple words: Don't Panic! In fact if the idea weren't already taken we'd have put that right on the front cover. Some of you who will be reading this book will be feeling cool, calm and collected and ready to dive headlong into finding someone. If that's you feel free to skip the next bit. Go and eat a cookie (or for those of you who are healthy, a carrot stick) while the rest of us catch up.

A good number of you will be feeling far from calm and collected right now. You may be at your wit's end, deeply frustrated by how hard it is to just be acknowledged by a dominant woman, let alone making it to the fun stuff. Many of you might be on the brink of giving up; you may have decided that dominant ladies seek only a specific kind of guy and you are not it. Whatever the reason, we are keenly aware that some of you will be feeling unhappy, worried or stressed as you begin this book. If you are one of those people we're sorry that things seem tough right now. We actually have some good news for you. We'll get into this in more detail later, but in a nutshell the very fact that you are reading this book shows that you have a significantly greater chance of success than most guys.

Why?

Because so many submissive guys are out there doing the same thing over and over again, even though it is not working for them, and they don't spend time critically thinking about what they could do to improve. Albert Einstein said that "insanity is doing the same thing over again and expecting different results". If Einstein had been a submissive guy he would have done pretty well we think. Reading this book shows that you are willing to try something different, learn from your mistakes, and get better. From our research in putting this book together, we'd say that fact alone puts you in the 90th percentile. The odds are still stacked against submissive males in finding someone, but you have the attitude to be one of the successful ones.

There is one thing you will need to do though. No one can learn about or truly seek to understand something unless they have an open heart and an open mind. So, as you begin working through this book we hope you can find the willingness to put aside any bad experiences or defeatist attitudes you might have accumulated along the way. Do that and we are confident that this book will help you.

All the best on your kinky journey,

Sydney and Logan Hart.

About The Authors

Before we go any further, we should introduce ourselves. We're a couple living in a female led relationship. We've been together for a couple of years now. We own a website called Men Submit, and you're more than welcome to come visit us at <http://www.mensubmit.com> to talk about all things kink. On Men Submit, we go by the names AlphaDomme and BetaBoy.

About AlphaDomme

So I am the better half of this couple, AlphaDomme. I entered into kink after my divorce. I was married for 20 years, so getting back into the dating scene was quite shocking, and often quite depressing. One day a friend was listening to my woes about dating and told me I was dating the wrong men. He introduced me to the idea of dominance and submission, and thus I began my journey.

I'd love to say it was all easy. I dated on and off for 5 years before I found BetaBoy. Sometimes it was a damn hard journey. In part it was hard because of the men. But to be fair, I made more than my share of mistakes along the way. I had a lot of learning experiences!

When I first started on my journey, I spent a lot of time on the internet trying to figure this whole Dominance/submission/kink thing out. This was before most of the kink websites that are out today existed. The sites that did exist were primarily what I'd call D/s porn. That is, from a fantasy perspective they were exciting, but I could never figure out how to make it all work around a relationship, which is what I ultimately wanted. I vowed that once I figured things out, I would start my own website for D/s relationships. I did just that five years ago.

Over time I've talked with hundreds and hundreds of submissive men and dominant women. I can tell you with a good level of confidence what works and doesn't work. Some of what you read here will be good old common sense dating tips. Some of you will find this advice to be insulting. Keep in mind that not everyone has been taught how to date. It is a learned behavior.

About BetaBoy

Hi. BetaBoy here. It took me a long while to find the right relationship, with a lot of mistakes along the way. I began searching for a kinky, dominant woman almost accidentally. My situation was a pretty familiar one: I'd be attracted to dominant women on online dating sites, but I really had no conscious idea that it was people with these profiles that I was specifically drawn to. In this sense, my search began well before I was aware of what I was doing, and I was actually kind of confused about where my instincts were leading me. Because I didn't really know what I wanted, I made a few fairly colossal blunders. I either fixated on the wrong women, or I approached meeting the potentially right women all wrong.

In short, I was a mess.

Occasionally I was successful, but these relationships failed before too long. The reasons were varied: sometimes the person I was with had no interest in kink and it was doomed from the beginning. Other times, the kink was there but we just weren't a match in terms of personalities.

Finally, I reached a point where I sat down and thought, OK what am I doing wrong? It was at this point that I decided that I was done with relying on dumb luck that things started to go right.

I began to think a little more about the situation as a game. I know that sounds horrible and I don't mean that I was

a player. Not at all. I wanted to find someone to spend my life with, and I was deadly serious about it. However, I started using the same approach I'd use if I were tackling a puzzle or a game. I looked for hints as to what worked, sought advice from veterans, refined my approach where I needed to, and basically applied myself to learning the skills needed to find someone. It was at this point that I began to understand who I was looking for, how to present myself and most importantly all within a framework in which I knew I was being honest about who I am as a person.

Along the way, in the process of figuring things out, I spoke with a lot of men and women about what works and what doesn't work for them. I can only echo what AlphaDomme said above that it was a learning process, and sometimes on a pretty steep curve.

What we hope to offer with this book

Drawing from our combined experiences, the purpose of this book is to provide solid, sensible advice on how to get yourself in a good position to find a kinky partner. Nothing in this book advocates deception or manipulation to find the person you seek. What we're going to focus on instead is a process of getting "kink relationship fit", while being completely honest and authentic.

How To Read This Book

There's a lot going on between the covers of this book. Just take a glance at the Table of Contents and you'll get a sense of just how wide a range of topics it covers. We wanted to create something that looks impressively bulky on your coffee table. No, seriously, the actual reason for the heftiness of this tome is that meeting someone is a surprisingly complex and taxing pursuit. It just isn't easy or advisable to discuss the topic in the space of a few bulleted points. There are no shortcuts when it comes to the human heart, and if someone out there is selling a cheat sheet on this topic, our advice is that you approach what they say with extreme caution. So, let us quickly lay out the parts of this book for you, and what we hope you'll take away from them.

Part One: Understanding Yourself

You could think of this section as a dating preparedness boot camp. The purpose here is to help you build a good foundation of self-understanding. You might feel pretty sure that you know what you want and what kind of person you are seeking. However, once you begin to actually get actively involved in finding someone, things can move quickly and in unexpected directions. It is all too easy to suddenly find yourself in a situation where you are not sure how to proceed. It's in exactly this situation that mistakes are made and opportunities are squandered.

Therefore, before we go too deep it's good to delve into a few important questions.

- What are you looking for?
- What are you afraid of?
- Are you prepared to spend time thinking about all these important questions and to revisit them, as you change

and grow?

These are the kinds of questions that we'll guide you through in this part of the book.

Part Two: Finding Someone Online

This is where things get juicy! Part Two takes the burgeoning self-understanding you have hopefully acquired through applying yourself to Part One, and dives right into the question of how you find someone. We'll explore simple and effective ways in which you can increase your chances of approaching someone online, giving you some practical examples of what and what not to do.

Part Three: Finding Someone At An Event

In part Three, we take the same ideas you explored in part Two and we apply them to how you might meet someone face-to-face, at a kink event. You may decide that meeting this way is what you really want to do, and be tempted to skip Part Two. Don't! Part Three is dependent on Part Two, and won't make much sense unless you read it first.

Part Four: Dating

In part Four, we look at the process of dating and first encounters, and how you ensure that you are both safe and putting your best foot forward. This involves paying attention to your attitude, your preparation and your behavior during the encounter. We'll look at each of these in turn and give you some practical, hard-won advice on how to be at your best.

Who This Book Is For

This book is for single submissive guys seeking a kinky woman with whom to share a relationship. Let me be clear here. By single, we mean that you are completely unattached romantically to someone else. If you are in an existing relationship that is not meeting your needs and this places you in a position where you are contemplating dishonesty, either to an existing partner or to a kinky woman whom you hope to meet, then this book is not for you. We truly feel for you and know how tough an unfulfilling vanilla relationship can be. However, a fundamental premise of this book is that you need to be authentic and honest in order to meet someone and make it work. If you can't be honest about your whole life, then none of the ideas in this book will do you much good.

This book is not about techniques you can use to deceive someone and get them to spank you during sex, nor is it about how to pretend to be a submissive so that you can attract a dominant woman's attention.

This book is for guys who are genuinely submissive and who would like to find someone with whom to share a relationship. Could you use the ideas in this book for more casual encounters? Provided you are honest about it, probably. However we've definitely come from the perspective and assumption that you're seeking something lasting with someone whom you respect and with whom you wish to spend a lot of time.

A note to our readers: We love and respect all gender and sexual orientations. While this book is written from the perspective or assumption that you are a submissive man looking for a dominant woman, the topics in this book can apply to anyone. So if you are a submissive man looking for a dominant man, or you are anywhere along the gender continuum looking for a relationship, we encourage you to read

this book also. For simplicity sake, we will refer to the submissive partner in this book as male, and the dominant partner as female. But feel free to insert any gender combination that works for you when reading this book.

Let's Begin

Well that gets the introductions and preamble out of the way. All that is left before you get started is to say that we genuinely hope this book is both entertaining and useful.

You know, it's so easy to forget sometimes that finding someone should be fun. As you work through the exercises in this book, if you have days where you just feel overwhelmed or downhearted about the whole process, then take a break. Look after yourself. You can always come back and pick up where you left off. This can be a fun adventure if you just take the pressure off yourself and remember that only the very, very lucky ones find their significant other easily. For most of us it's a journey that takes time. It was certainly that way for us.

We wish you the very best of luck in your quest.

So, let's begin!

Part One:

Understanding Yourself

Introduction

AlphaDomme: I know you guys. Many of you will have been thinking about being submissive for YEARS. You've been watching D/s porn and reading D/s stories for years. Come on, admit it. Now you are ready to start dating. And you are ready to start NOW! Hold on just a minute.

It's impossible to go on an awesome road trip without first knowing how to drive a car. In just the same way you need to know how you work before you embark on a relationship journey with someone. (Of course, just to make life a little more interesting, the way YOU work will change and evolve constantly.)

If you don't have a good grip on who you are and what you're looking for, then you're taking a big risk. You could be wasting time, squandering opportunities and even if you do meet someone, you could find yourself in a position of being in a relationship with very shaky foundations. The very worst scenario we all want to avoid is to end up in an emotionally unhealthy relationship that does real damage to you or someone else. Understanding yourself right from the get go is going to help you avoid these disappointments and fruitless endeavors.

All this talk of journeys and self-understanding might be lulling you into a warm and fuzzy, new age, happy clappy headspace. Snap out of it! Make no mistake here. When we refer to this attribute of understanding yourself, we are NOT referring to some kind of self-congratulatory coolness or some double-rainbow-all-the-way oneness with the universe. False bravado and untested enthusiasm can and usually does evaporate at the first sign of shit getting real, and it is not enough. Not by a long shot.

Self-understanding is powerful. If you understand yourself and know what you want, you are a force to be reckoned with. You will be better able to assemble the resources at your disposal into a pattern that can give you what you need to grow. It doesn't guarantee you success in all your endeavors, of course, but knowing who you are and what you want gives you a damn good chance of moving in the right direction.

If you know yourself and know what you want, then when things get difficult or when you make stupid mistakes you will have the guts and determination to get up and keep going. You'll learn, grow, adapt and get better. You won't quit just because it hurts. You'll be tough and smart. Hell, that in and of itself is attractive to most people!

This self-understanding business has wins all over it.

Getting On The Same Page

Before we get into the business of self-understanding it's important that we all start out on the same page. A lot of misunderstanding comes as a result of all of the kink terms that are out there. There are several problems when using kink terms:

- People are unsure of what they mean.
- There is not one agreed upon definition. They mean different things to different people.
- Language can have strong connotations to people. Some words can really turn off people or anger people.
- Some people do not like to be 'defined' by terms.

Below you are going to see the definitions for some of the common terms that we are going to use in this book. If you don't agree with our definition, that is fine. Use your own definition instead. Just be aware when you are talking to others that they understand what you mean when you are using the term. Try not to get hung up by the terms that we are using. The word is not as important as the meaning that we are trying to impart.

Submissive:

A submissive is someone who submits in a relationship either part- or full-time. This can involve only bedroom play to full service. As a general rule, a submissive does not direct activities, though they can be consulted if the dominant wishes. Most submissives feel that their submission is a part of their personality, and is not just play.

Bottom:

A bottom is someone with a lower role in a play session. Generally the person does not submit outside of the agreed

upon time that both parties are enjoying the physical aspects of play. Bottoms have more control over what happens in the scene than other submissive types and will often dictate the terms of the play.

Masochist:

A masochist is someone who likes to receive pain for pleasure. They can be a bottom or a submissive.

Dominant:

A dominant is someone who is in charge in a relationship. Most dominants feel that this is a part of their personality, and is not just play.

Top:

A top is someone with an upper role in a play session. The top is in charge of ensuring that the bottom is safe and that the session goes as planned and agreed upon.

Sadist:

A sadist is someone who likes to cause pain for pleasure. They can be a top or a dominant.

Switch:

A switch is someone who may sometimes like to act in the role of a submissive, bottom, dominant, or top. For most switches, they find that they will not switch roles with the same partner, but will be dominant with one person and submissive with another. That does not always hold true though, some couples do switch taking turns to top and bottom each other.

Slave:

We are deliberately leaving the term slave out of the

definitions of this book. While we have heard many different definitions of what a slave is (vs. what a submissive is), it really boils down to this: a submissive is someone who gets all wet and bothered when called submissive and a slave is someone who gets all wet and bothered when called a slave.

Take Your Time

This part of the book is meant to take time. It is a series of exercises, which ideally you would complete over the course of five days. The reason for it being spaced out like this is that we really want to make sure you give yourself as much opportunity as you need to really reflect and mull over the issues it touches on.

Yes, you could read through it in a few minutes but just reading it without spending time genuinely thinking through the issues isn't going to do much for you. Remember that the goal here is to begin to unravel what you feel and why.

Journal

We are going to ask you to take five days to work on yourself. This will probably seem like quite a bit, when all you want to do is go out and find the domme of your dreams. We get that this is probably not the quick fix that you were looking for. Trust us; we have a good reason for asking you to go through this process.

Not only is it going to take you five days, we are going to ask you to write stuff as well. Now, before you throw the book across the room, let us reassure you that you won't have to agonize over it and we promise you, you'll be thankful later on. In the journey toward meeting someone, it's really worth investing time in tracking your own thought processes and how they change over time.

We're talking about keeping a journal; paper or online it really doesn't matter. So, right now, go grab a notebook or set up a document on your computer, or a blog, or any other way that you want to write. No lies now. Don't make us come to your house! OK do you have it right in front of you? Good.

A lot of people become quite anxious at the thought of writing down their thoughts. We will make this as easy as possible. Yes, it can be a bit scary at first but most people find that it becomes increasingly easier the more they do it. It may be helpful to remind yourself that absolutely no-one but you needs to read it, unless you decide otherwise. Don't worry about spelling, grammar, or cleverness. They all count for nothing for this exercise. No one else is going to read this. The only thing that matters is that you are being honest about how you feel.

Day 1. What Are You Looking For?

AlphaDomme: I know. You want a kinky woman. You've been in relationships with women who are not kinky and they didn't work, so a kinky woman is the solution to all of your problems. All she has to do is take charge of you and it will be perfect. WRONG! I've met couples who have meshed perfectly on their kinks. I know one couple, for example, where the guy lived for ball kicking. He met a woman who loved ball kicking. This is a kink that not everyone enjoys, so you would think that they would be a great match. The problem was that they had little in common other than ball kicking. There was not enough to maintain a relationship, and it went down in flames. Then, because they had that one kink in common, they got back together, and went down in flames a second time.

The number one complaint that dominant women have in the dating scene is that submissive men do not treat them as women, but only as a kink vending machine. So let's take a few minutes and summarize what it is you are looking for – excluding kink. This is probably easier than you think. You can probably quickly write down a list of things that you value in a woman. Here are some things that might be important to you:

- Same religion / belief system as you
- Wants children (or not)
- Interested in a potential long term relationship
- Doesn't want anything serious
- Willing to date a man who has children every other week
- Age range (pick something realistic)
- Professional career (or not)
- Sense of humor
- Likes to travel
- Loves to read
- Likes to play video games

- Monogamous (or wants polygamy)

You get the idea. Jot down as many items as can for your ideal woman. Now, go back and circle the qualities and characteristics that she must have. These are items that are absolute deal breakers for you. If she doesn't meet one of these, you are not going to date her.

Day 2A. Let's Think About Kink

Welcome to day two.

Yesterday was all about gaining a deeper understanding of what you are seeking in a woman. Hopefully by now you will have spent some time forming your own ideas and examining what you are looking for. Today builds on this, but we are shifting our focus to two questions; do you know what you really want, and are you ok with wanting it?

You might respond by saying, of course! I bought this damn book didn't I? Fair enough. But these are two big issues. For whatever reason, kink and denial seem to go hand in hand. It's a sad fact that many, many people have to go through a stage of being fairly screwed up and confused about their kinky feelings.

In addition to dealing with any guilt, you need to understand what it is you are looking for in terms of kink. We are not just talking about individual kinks such as wanting to be spanked. We're also talking about things like the role you want to take and your attitude.

Let's talk about kink shame first.

Speaking from experience, this can become a true obstacle to a relationship working. Over and over again, we've seen relationships in the kink community start out very well, only to fall apart because one person in the relationship realizes they have issues to do with their kinkiness that they need to resolve. It could be a highly specific trigger. For example, many guys find that their concept of masculinity gets shaken and they feel a need to reassert how manly they are. It could be much harder to pin down; a vague sense of guilt that you are doing something abnormal.

BetaBoy: Being in a kinky relationship before you have truly found acceptance of your kinkiness is risky for both you and your partner.

It's inherently unstable and volatile. The worst thing is that you may not even know this ticking time bomb is there until it is too late. This is how it was for me: I struggled with self-acceptance for a long time, and in the throes of this struggle I unintentionally hurt a lot of innocent bystanders. It's a sad and disappointing cycle for everyone concerned.

The correct time to identify these hang ups is now, before you are in a relationship. Then, you can work through them without another person's heart on the line.

So let's talk about you.

How others see you

Let's face it, while our opinions are, at large, evolving, it's still generally true that society has a fixed and fairly inflexible image of how a man is supposed to behave and think. Even in this day and age of supposed equality of the sexes, you may, sometimes feel at odds with society at large if you actively involve yourself in domestic life, sensual activities, or anything that makes you "softer". As you move into a kinky female dominated relationship, it's highly likely that you will find yourself pushed up against these expectations, and truly at odds with them. You'll be expected and encouraged to actively involve yourself in household chores, and to dedicate yourself to placing your partner's comfort before your own.

Let's take a few scenarios.

- Your female partner is out shopping and sends you to sit and wait for her while she chooses clothes. You wait patiently while the world walks past seeing you waiting holding her shopping.
- You go to a barbecue with your partner. Lots of your mutual male and female friends are milling around chatting about life. Your partner asks you to go get her a drink. Your friends all observe your respectful deference

to her.

- You are out shopping and see an awesome new remote controlled helicopter (or insert other cool male thing that you like here). Other shoppers are looking at you while you go up to your female partner and ask if it would be cool if you can get this item.

All of these are fairly typical scenarios for your average FLR. How are you doing with imagining yourself in this situation? Can you handle the thought of society seeing you and understanding you in a different light? Being a submissive male and truly living it requires you to be willing to break some of society's expectations, and to be ok with some people out there judging you negatively because of it. How do you feel about it?

AlphaDomme: I see these things done all the time by vanilla men (or I presume they are vanilla men.) It is called politeness! I heard a funny story in relation to this one time. One submissive guy said someone was giving him a hard time about how he was 'whipped' because he went and got his wife a drink when she asked. His response was 'of course, the sex is great when I get home'. I bet all of the other guys shut up in a hurry.

In your journal think deeply about these scenarios and how you might respond to them. How would it affect how you felt toward your partner? Will you need to work on this?

How you see yourself

We have found that a lot of men deal with feelings of submission in a couple of ways. The first thing that some men do is to make their feelings all about sex. If a man can convince himself that his submissive nature is limited only to sex, then it has nothing to do with him being different to other men. The problem is, in doing this he is disallowing his

submissiveness from truly playing a role in a full relationship.

Again, we are going to throw a few scenarios your way.

- Your female partner has you kneel at her side rubbing her feet while she watches TV.
- Your partner requests you to do the housework while she goes out to have fun with her friends.
- Your partner comes home from work and wants to talk about problems she is facing at work and how to deal with them.

These are all scenarios you might find yourself facing as a submissive male in a FLR. How do you feel about placing your female partner in all of these non-sexual scenarios? Yes it might turn you on, but do you also feel comfortable as a person in providing this supportive, sensuous role when it has little or nothing to do with sex?

In your journal, reflect on these scenarios and how you might truly react if you found yourself in that situation. Would you genuinely find it enriching? Would you have problems in being this kind of person?

Day 2B. Defining Your Kink

We've found over the years that some people like to really tightly define themselves. They create a list of 10 different scenarios which they think covers every type of submissive or dominant. Other people absolutely hate to be defined. They don't want anyone to judge them based upon a drop down list of options on a website.

What we are looking for here is something in the middle of these two things. We're not asking for you to micro-define yourself, nor are we asking you to box yourself into one definition. What we'd like for you to do is to look at the list of definitions in the Section, 'Getting On The Same Page'.

There is a big difference between a Bottom and a Submissive. There are no value judgments here. Neither one is right or wrong, better or worse. They are just different. Most men who go on kink sites call themselves submissive. It is not that they are trying to deceive women. In the past, that was the only option that there was to choose. There is also not a clear understanding as to what these terms mean.

So why is this important? Because the attitude of a submissive and the attitude of a bottom are completely different! If you are a bottom, you are going to want to have input on how a scene is going to happen. If you are a dominant looking for a submissive, and a man who is a bottom starts telling you how the scene is going to go, you are going to get angry and tell him he is not a 'true' submissive. Likewise, if you are talking to a top, but you think she is a dominant, you are going to have a disconnect with her, and think she is not a 'true' dominant.

So take a moment and think about what role it is that you want to take. You may not know, and that is ok. If you are not sure, either make an educated guess based upon what you

think you would like, or be prepared to tell potential women that you just do not know. Understand that if you run into misunderstandings about how a kink relationship should be working, it could simply be because your roles are not suited to each other.

And finally some kink

We're sure you won't have to think too hard on this one. But now is the time to record some of the kinks that interest you. Don't list hundreds of things that you want to try. Perhaps list the top 20 things that really interest you. These can be broad or specific. For example:

- Humiliation
- Foot Worship
- Service
- Etc.

After you have your list, we want you to circle any kinks that you feel that you could not live without. These are going to be items, that when you reach an appropriate time in talking with a woman, you will see if she is interested in these kinks.

If you are not sure what kinks to list, or you want to learn more about kinks, there are all kinds of kink checklists out on the internet. If you want an electronic version, or wish to print one out, you can go to MenSubmit at:

<http://www.mensubmit.com/kink-checklist/>

Last but not least - Limits

Limits are things that you will not do. Everyone should have limits. If you are reading this and your response is that you don't have any limits – stop right now! **EVERYONE SHOULD HAVE LIMITS.** If you tell me you don't have limits, does that mean I can cut your penis off? Can I drive over you with my car? Can I come to your work and make you

strip naked? Get my drift? Everyone has limits.

Make a list of any limits you might have. You might not know what they all are, and that is ok. Your limits will change over time, and that is also ok.

Some final thoughts

As you read through this book, we hope you'll return again and again to this question of self-acceptance. It is of course beyond the scope of this book to make you ok with being a submissive male. All we can do here is to try to help you realize the importance of finding this 'okayness' before embarking on a relationship with someone. Otherwise you will waste your own time, and worse, perhaps hurt other people in the process. You may not be there yet, and that is totally fine. Just be aware that you need to work on this before you are ready for a relationship.

If you feel ill-equipped to deal with this on your own, there is no shame in seeing a kink friendly counselor to talk you through it. Many counselors offer sessions via Skype. Take a look at the [National Coalition for Sexual Freedom website](#) for a list of kink friendly counselors

Being submissive is something you can be proud of. It's a strength within you that dominant women love. There is no need to be ashamed. In fact being ashamed simply robs you of your ability to draw deeply from your submissiveness. In your journal, sit down and spend a good while thinking through these final questions for today.

- Write down a list of good things about yourself. What are you proud of? What do you do well? What are the things that people respect about you? What are your special skills?
- Who do you aspire to be? What traits and abilities would the ideal you have?

- Write down any concerns that you might have about yourself. Is there anything about you that you feel you need to work on before you are ready for a relationship?

Make sure that you return to your entries frequently, and review where your head was compared to where it is now. We know it takes energy, but face the hard questions. You may find that you need to expand on your fears, or you may find that they are dissolving away, like smoke. Let your mind expand and your ideas evolve as you explore.

Most of all, in the coming weeks as you work through this book, take time with this question. Dwell on it. Are you a proud, submissive male?

BetaBoy: I hope the answer is "hell yeah!"

Day 3. What Are You Afraid Of?

Welcome to day 3! Let's recap. In your first session you focused on what you are looking for in a woman. In the second session we looked at kink whether you sabotaging yourself with guilt and self-doubt.

Today we put the magnifying glass over your fears. You may find this task challenging and this process may require a lot of reflection. It is often very difficult to exactly name your fears. Don't rush it. No one can see this journal but you, so give it your best.

When it comes to relationships, we think it is pretty fair to say that most people will have fears of some kind or another. Fears aren't unique to kink relationships, that is for sure. It goes without saying that most every adult you encounter who is seeking a relationship is likely to have fears of some kind. It might be a fear of being hurt. It could be a fear of intimacy. It could simply be a fear of the unknown. All these fears are just as present and applicable in kink relationships. A kink relationship first and foremost is a relationship between two real people and all the same emotional vulnerabilities apply.

However, there are other fears you may encounter which are specific to kink relationships. These fears generally relate to the risks, intensity and strangeness that can accompany kink activities. You might fear physical pain. You might be worried that you'll find the emotional intensity exhausting. You may fear more practical things like being "outed" in public as kinky. You might fear inflicting harm or being harmed. You may also fear losing all of the non-kinky values and interests you possess. All of these are entirely valid fears. They are also fears that could create big problems for you. The good news is, these fears can also be analyzed, understood and addressed in

time. Note that we are not saying that your fears will simply disappear as if by magic. What you can hope to attain though is an ability to manage these fears over time.

It all begins with being aware of what these fears are, and what effect they have on you.

Reflecting on your past

We recommend that you start by thinking a little bit about your past relationships (kinky or non kinky it doesn't matter).

- What conversations or encounters did you most seek to avoid? Did you hate confrontations relating to money? Did you seek to avoid 'deep and meaningful' conversations? Did you not like to talk about your family?
- What kinds of confrontations and situations did you most seek to avoid in your relationship?
- Why did these relationships fail?

Yes, these are big questions. For many they are so personal and close to the bone that they avoid thinking about it as much as possible. The problem with this avoidance is that these past failures provide you with an immensely useful database to draw from. So, have a think about what role your fears played in your past relationships and explore them in your journal. Remember, no-one needs to see this but you!

Your fear triggers

Now let's focus on you right now. To do this, we'd like you to cast your mind back over the past few days as you have been reading through this book. This is a nice, practical chunk of time, and hopefully it is sufficiently recent and vivid that you have a pretty good emotional memory of it. In the process of reading this book so far, there may well have been vivid

moments in which you felt fear wash over you. It may have been an "oh my god what am I doing reading this? I need to take time out from all this stuff!" level of fear or it might have been just a tiny little internal moment of saying "yikes!"

Work back through these moments in your mind and document them in your journal.

- Are you afraid of having a huge argument with your partner?
- Does the thought of being bossed around in public give you the chills?
- Are you afraid of meeting another kinky person face to face in a date setting?
- Are you terrified that your family or friends might find out that you are submissive or dominant?
- Are there specific kinks you are terrified of experiencing? Being tied up? Being isolated?

Catalog your fears in as much detail as possible. If you find this process stressful, take a break and remember that fear is a natural, visceral reaction to strangeness and new things. The fear itself is unpleasant but it is nothing but a bodily signal for you to acknowledge and work through. All you are doing is laying down your ideas in a safe place. Try to remember this and be calm.

Thinking about the why

By now you will hopefully have quite the list of things you are worried about. Just as you did when you reflected on what you desire, it is useful at this point to think a little bit about the "why" in relation to your fears.

- Why are you afraid of these things?
- What lies at the heart of it?

You may well not have a clear-cut answer. Please don't stress if this is the case. Ask yourself the questions

nonetheless. Write what you can and then make a small space at the back of your mind for this question as you begin your quest. When reasons or breakthroughs occur to you, be sure to document them. Also, as new fears occur to you return to your journal and document these too.

Some final thoughts

Most people find this a challenging but useful way to begin the process of understanding their fears a little better, and hopefully eventually overcoming them or knowing how to control them. The key here is not to accept your fears blindly and passively. They are not fixed limitations that you will always be stuck with. Face them. See them as obstacles to overcome.

The mind is a wonderfully elastic and adaptable organ. What you thought was an unchangeable part of your personality six months ago might one day become completely fluid. Your fears are no exception. A lot of people who are new to kink relationships assume that they will know precisely what they want from the outset. The reality is that your desires and fears will change. As you face your fears, explore them and reflect on why they are there, your negative emotions may in time give way to elation and acceptance. Your fantasies and aversions may well grow and bend into new and exotic shapes. Indeed, you may one day wake up and find yourself wanting a taste of something that once terrified or disgusted you.

Be open to change, and document the changes in your journal as you feel yourself grow.

Day 4. Self Readiness Checklist

By now you will probably be fairly tired of writing and thinking, but hopefully you will also find that you know a little bit more about yourself. You'll be pleased to find out that days 4 and 5 are easier.

Think of day 4 as a self-readiness checklist. As you embark on finding a kink relationship, being in the right emotional and mental state is essential. Kink and sex won't resolve your problems, and your potential partner will not likely be qualified or prepared to be your counselor or personal guru. It's up to you to deal with your baggage and hang-ups and it is infinitely preferable to try to resolve these problems first before getting into a relationship. This is your opportunity to take a step back and ask yourself whether or not you firstly feel ready for a relationship and secondly whether you feel that you are at a place where you can handle a power exchange relationship.

All these questions might seem intrusive, but it is not just anyone who is affected by them. It is you and the person that you want to get up close and personal with. As such, why wouldn't you take it seriously?

In your journal, write a brutally honest response to these questions. Just a sentence is fine, but picture yourself strapped up to a lie detector as you write!

Do you have relationship 'baggage'?

- Are you on the rebound from a past relationship?
- What impact will that have on you as you start a new relationship?
- Do you think there is a possibility that your ex-partner will cause problems for you?
- Does your ex-partner also understand and acknowledge

that your past relationship is finished?

Are you able to 'stay afloat' in life?

- Do you have issues that are posing a problem for you in your day to day life?
- What are they?
- Are you dealing with them proactively?
- Are you getting professional or personal help where you need it?
- Do you feel as though your life is largely under control or is each new day chaotic and unpredictable and hard to deal with?
- Are you prepared to divulge these issues to someone you are seeing?
- Do you have problems with any kind of substance abuse?
- What are you doing to deal with this? Are you seeking help?

Are you able to be honest and genuine about your life?

- Are you systematically lying about anything to other people at the moment?
- Why are you in this situation?
- Are you prepared to explain this dishonesty to your partner?

Are you prepared for physical and emotional intimacy?

- Do you have any sexual dysfunction?
- Are you prepared to talk about this?
- Are you seeking treatment for it?
- Do you push people away when they get close to you?

- Why?

Some final thoughts

It's OK to have stuff that you are struggling with. It is important to remember that. Let's face it: there aren't too many people outside of their twenties who are completely issue-free when it comes to relationships. Life is complex and we all have our challenges that we bring into a relationship just as we bring strengths.

The crucial thing here is not to be perfect. The goal is about honesty (with yourself and others) and being proactive about figuring this stuff out. Again, it's the people who just throw their arms up and say, "my life is crap, what can I do about it" who fall into the vast crowd of people who are seeking a relationship but are unprepared to work and change for it. You don't have to be one of them.

If after doing this check list you identify issues that continually pop up and make your life difficult then these need to be at the top of your list of priorities to figure out and resolve. Do you need to 100% fix all of them before you even begin looking for a relationship? No, of course not. Do you need to be actively working on your issues and to be sure that on the whole you are at a place in your life where you can be stable, committed and ready to go the distance, come what may? Yes.

Finally, remember that you are not alone. You need to carry the responsibility for yourself, but you can still ask your friends and perhaps even your family for assistance. You can also seek counseling.

I can certainly say I've encountered situations where I needed to seek counseling and I found it a great help. It does not mean that you are crazy or a failure. These are outdated notions from a time when society was ignorant of mental

health. There is absolutely no shame in seeking professional assistance if you have an issue that is getting in the way of your happiness. There is a list of kink friendly counselors at the [National Coalition for Sexual Freedom website](#).

Day 5A. Consolidating

So here we are at day 5. How are you feeling?

BetaBoy: I know from experience that this process can be tiring and it can stir up all kinds of emotions. Be sure to talk to others as and when you need and remember something cosmically comforting: 'we are all stardust' works for me, but I'm an 80's child who loves Moby.

Day 5 will consist of two parts. Firstly, we will revisit and consolidate some of your work over the last four days. Then we will explore what you can do to continually build your self-awareness over time.

Consolidation

This is really quite simple. Go back over everything you have written in the past four days, reading it carefully. However, do NOT press the delete button on anything. Add new ideas. Elaborate where needed, but ***do not erase a single thought regardless of how ill-formed or half-baked it might seem to you.*** Pay particular attention to what you wrote on days 1 and 2, adding any new perspectives that may have come to you as a result of doing days 3 and 4.

Day 5B. Learning More

The second part of day 5 is all about how you can learn more. The journey to learning more about yourself; what you like, who you seek, what you fear; should not happen in a vacuum. There is a world of knowledge and experience out there.

As part of the process of self-discovery and learning about what makes you tick, keep your eyes open to the world around you. Online resources provides a wonderful opportunity for broadening your mind. You can learn about other people's kinks and lifestyles and make decisions about whether you would like to pursue something similar. We don't know a single person in the kink community who hasn't stumbled across something on the 'net and reacted with an "oooooooooh! I want to try that!"

The Big 'However'

However, we need to issue a warning here. Please, please use your commonsense. Make every effort to be discerning, and mindful of what is real and what is fantasy. We've seen many guys who become obsessed with a certain fetish, and they lose sight of the fact that it would not happen in real life, at least not without lots of consequences.

The bottom line is, most dominant women looking for a relationship are looking for a whole person to spend their time with. Far fewer are just looking for a "foot fetish guy" or a "painslut guy". People who fixate only on the kink can doom themselves to remain disappointed and disillusioned. So, keep your head on your shoulders and don't get lost in your own fantasies. If you can be one of those people who can separate the dream from the reality, then you are separating yourself from the vast majority of men, and your chances of finding

someone just spiked, big time.

While we're talking about being reasonable, don't fall into what we're going to call the porn trap. Porn can be great for sparking the imagination, but perhaps we are stating the obvious here when we say that you need to be a bit skeptical about equating porn and fantasy to "research". Not everything you see or read about online is real. Some of it may be downright misleading and damaging.

Some of the more fantastical porn is obviously complete fantasy, but there is much out there which seems real. This is the content you need to be especially careful about. Consumed uncritically, it creates expectations that are insidious and simply unobtainable for real people living real lives. To give an example of how sneaky and damaging this can be, some of these sites are even supposedly run by women, and the content is presented in such a way as to appear legitimate and research-based. In reality, it may simply be "wank fodder", designed as a first step toward leading submissive men into online financial domination or other exploitative situations. If that is all you are looking for, then great (I guess). But if you're looking for someone to actually be in a relationship with, the porn vortex is not going to be of much use to you.

Separating fantasy from reality

Here are some good questions you can use to assess whether a resource / site you are visiting represents the real world, or is just fantasy imagery:

- What can you learn about the person(s) running the site?
- If it claims to represent the emotions and ideas of a woman, can you reasonably verify that it is in fact run by a woman? The "woman" on the site may well be nothing more than a figurehead and a visual image, with the actual writing and content coming from a man.

- Is the person in charge of the site providing this information as a first step toward getting you to pay him or her? Is the content thinly veiled financial domination?

It's hard to be objective when you're horny! However, if you are storing kink scenarios away as things you might actually like to try and build into a dynamic with someone, then these are the hard-nosed (not hard something else) questions you might want to ask as you begin learning about what you want.

Online forums

As you set out and begin to build up your self awareness of your kinky side, we recommend that you work towards becoming actively involved in the kink community, making posts and asking questions, rather than just being a passive consumer of porn. Why? Well, firstly it makes you more visible. If you can communicate about what you like in an online forum you are preparing yourself to be able to communicate effectively face to face, later on. Secondly, it encourages an approach which isn't just about getting your rocks off. It helps to see the kink as being about real people, rather than pretty fetish models. These forums are also a great way to learn. A very large number of people who are actively involved in the kink world and interested in growing deeper into kink have a presence in online forums.

I particularly recommend two. Men Submit (<http://www.mensubmit.com>) and Fetlife (<http://www.fetlife.com>). If you get used to reading and participating in these forums you will be enriched by a steady stream of information, insight and social connections. This will enhance your kink life considerably. More information on this can be found in Part Two.

Congratulations!

If you have just worked your way through this part of the book, then congratulations. Now that you have begun journaling, we urge you to keep going. It will keep you processing your thoughts, building on them and making them your own. Your journal will also become invaluable in showing you how far you have grown.

In the next part of this book, you will take this burgeoning self-awareness of yours and begin applying it to the exciting challenge of finding the domme of your dreams.

Part Two:

Finding Someone Online

Introduction

Here are a few thoughts to dwell on as you begin to work toward meeting someone online.

First, people are unpredictable. No book can give you an accurate way of knowing what someone will do next. In fact when it comes to relationship advice the books that do claim to offer you a foolproof way of convincing or influencing someone are to be approached with extreme caution. We make no claims of this nature in this book. People are incredibly talented at being surprising, and you will have to use your common-sense, intuition and ingenuity as you begin interacting and talking about kink. Nothing can replace your own experience and insight, especially when it comes to meeting people. This book aims to give you nothing more than good ideas and practical advice. It's still your job to take these ideas and run with them.

Second, social encounters can be stressful and even scary for a lot of people. As you meet people or as you introduce new ideas to your loved one, expect stress. Expect to feel your own heartbeat speed up and your palms to sweat, and also expect the other person to be in the same situation! Denying this aspect of the experience is only going to make it harder. As you move forward, work hard to be forgiving of others and of yourself. If things feel stressful, practice acknowledging that stress, talking to others about it as well as reassuring yourself that this is natural and that it will pass. If you need to take a few deep breaths, do it. If you need to walk away for a while, do that too.

The final point to make right up front relates to patience and persistence. You might be doing everything right but you still might have to be patient to get what you want. Mistakes will be made; frustrations will be encountered. The difference

between realizing your dreams and being disappointed may come down to your willingness to persist and keep going even when things don't work out. Dating is just plain difficult, even in a vanilla setting. Adding kink on top of it makes it more difficult.

Safety

Before you go online, you'll need to give some thought to safety. While the vast majority of people out there are normal, you should always protect yourself against the few who might not be. It's important to take a few precautions. This is just as true for men as it is for women.

Be aware of what you do and don't want to divulge about yourself. You don't want to be completely closed off and secretive about who you are, because if you are like this no one will be able to get to know you. However, use your common sense too. Don't reveal compromising information to someone you have little cause to trust.

AlphaDomme: About once a month I see a post by some guy who was so excited that a woman was paying attention to him online, that he ignored common sense. An example that I often see is that he starts talking to a beautiful woman his age, who lives in his area. They want to meet, and she is considering him as a submissive, but before they meet, she says that he must dress up as a woman and take pictures and send them to her. What then proceeds to happen is that after she receives the photos she gathers all kinds of personal information from him such as where he lives and so on. Then she tells him that she is going to blackmail him and that she is going to send the photos to his parents or work, and that he must send her money. I imagine that some men just send money. Other men post on forums and say 'what do I do, my family will find out, I will lose my job'. Of course the best thing to do was to not send photos like this to a total stranger in the first place. You don't know who this woman is. In fact, you don't know if it is even a woman. It could be a scammer in some country well known for scamming people on the internet. The point is – use common sense.

Don't use your real name. You should also set up an

additional email address which you do not use for anything except for your kinky accounts and cannot be linked to you. Similarly, use profile names which have no connection to your real name or whereabouts.

AlphaDomme: It is pretty common to not use your real name, even when you first start talking to someone. If someone asks your name, and you don't want to tell them what it is, it is acceptable to tell them 'Please call me John. It is not my real name, but if we meet and like each other, I'd love to share my name with you at that time.

Never give away your financial information or address details unless you have someone face to face, know them well, and trust them.

Meeting Online

Just in case you only recently emerged from some kind of bunker somewhere, a huge number of people seeking a kink relationships meet online. While there are no formal statistics that we are aware of, from our observations the vast majorities either initially meet or spend a significant time getting to know one another via kink websites.

The reasons for this are fairly obvious when you think about it. There just aren't that many events or situations in which you can be sure that the person you are talking to is kinky, let alone that they are kinky in a way that matches your kinks. You're not going to find that person easily at a library or supermarket! Believe it or not, there is no way to tell if a woman is dominant in an everyday setting. Oh, you might be able to tell if she is dominant for that particular setting. For instance, if she is a boss, she might be dominant in her position as a boss. But she could be a totally different person when she goes home. She could be completely vanilla, or she could even be submissive.

What about kink events, we hear you ask? It is worth bearing in mind that the bulk of kinky people don't go to kink events. The pool of potential kinky people is much, much larger online than you'd find at a kinky event.

The bottom line is, if you are looking to meet someone, it is really important to get the online stuff right. If you have a haphazard or distasteful online presence then you are instantly depriving yourself of most of your opportunities for meeting someone.

Misconceptions

Just like kink itself, there are some very common misconceptions about meeting online that we should deal with right out of the gate.

It is so impersonal to meet someone online!

If you find yourself thinking, "oh my god, that is so impersonal", well ... yes, in ways it is impersonal. After all, you aren't physically meeting. None of the physical aspects of instant attraction apply. However, this is only focusing on the physical elements of who you are. We are all a lot more than that. An online presence can reveal much, much more about who a person is and what they want. Using online services it is possible to describe your preferences, your kinks, and your needs in great detail. You can also see all this same juicy information about others. Dominants seek submissives. Submissives seek dominants. People into bondage seek people who are into bondage. You get the idea. It allows you to think about personalities and qualities BEFORE you meet someone and get distracted by the wart on their nose. Do not make the luddite's mistake of thinking that meeting someone online somehow doesn't count.

Isn't meeting someone online a bit desperate?

C'monnnnnn people! Going to a singles bar to meet a stranger for a quicky is desperate. Being selective and trying to find someone who meets your criteria is selective. In fact it is the opposite of desperate.

People online could be anyone. They are all players / liars / crazy people / 15 year old boys.

The only thing wrong about this perception is the word

"all". SOME people online are fakes, fraudsters and downright dangerous. There again, some people at your local bingo hall are probably fakes, fraudsters and downright dangerous too (especially the ones with lavender colored hair; watch those ones like a hawk). The vast majority of people who are using online services to find people are regular, "normallish" folks who don't want to eat you or turn your pet ferret into a hat. Do you need to be safe? Hell yes. Do you need to be reactively paranoid? No. We will go into safety concerns later in this section.

It is so unromantic.

Sure, meeting online isn't as poetic as meeting on a windswept beach and falling into one another's arms and all that jazz, but if you are adamant about holding out for some magical confluence of events where you and your soul mate passionately collide, you need to be prepared for one hell of a long wait. Does the rainbow unicorn destiny exist? I guess so. We're sure you could find people that do meet under such beatific circumstances. As sure as god made onions though it does not happen often. Meeting online can be romantic and exciting and sexy if you are open to the possibility. It is proactively romantic, though, rather than just waiting around for a cherub to shoot someone in the bum with an arrow.

The first step is to open your mind, and be ready to be sensibly passionate about starting your search for someone online. This is actually a lot of fun done right. So now that you have thrown away those nasty, smelly, outmoded misconceptions let's take a look at how you can begin.

Where Do I Go?

By now we hope you singler-minglers out there are positively drooling at the prospect of getting online and meeting lots of groovy, swell and like-minded sexy people. If you are not drooling, please have a glass of water and re-read the previous section slowly. All drooled up? Great!

AlphaDomme: I don't know where BetaBoy get's this language. I guess he is a child of the 70s.

Once we have established your extreme, slobbering enthusiasm, the first challenge is knowing where to start.

There are lots of places you could go online to find someone who is kinky and compatible with you. However, if you are starting out and you simply want to focus on the places that give you the greatest possible chances of success, then there are precisely three sites that you might want to join. All are free.

Men Submit

<http://www.mensubmit.com>

Men Submit is owned and curated by AlphaDomme. It is a site devoted purely to female led relationships. Unlike Fetlife, Men Submit is a great place to come for guidance and learning. We also house the Men Submit podcast, which is a free (and awesome) recording you can listen to in order to learn more about FLR and kink.

Collarme

<http://www.collarme.com>

It is with a little reluctance that we include this website, though we (AlphaDomme and BetaBoy) met through this site.

Yes, it is a gigantic database of people who are interested in kink and power exchange. It is also not even remotely moderated or controlled. As a result, it is a very difficult place in which to find someone with whom you can share a relationship. From our observation the site is more geared toward people seeking short-term, casual encounters. We do not encourage it as your first port of call when it comes to finding someone. However, if you have built up some experience in using Fetlife and Men Submit, and you desire to broaden your search and feel that you can handle a more chaotic and potentially unpleasant online experience, then Collarme is an option to consider.

Collarme:

- is not moderated or controlled. You will find a lot of spammers, women looking for money, and fakes on this site.
- has a large community of kinky people, with a strong subset of people seeking casual encounters or seeking payment for services.
- is not a social networking site, but is more like a social directory where people can advertise their interests and seek people with similar interests. These interests gravitate toward simple sexual encounters on Collarme. However, there are genuine people in the mix. They are just harder to find there.
- allows you to search for people in your area, filtered by any demographic or sexual alignment you deem appropriate.
- is a pretty confrontational space with no sense of community. Men be warned. You will most likely find that women there are pretty jaded with the whole experience of dealing with horny guys with no clue. To quote Obi Wan Kenobi as he shepherded a young and

naive Luke Skywalker through Mos Eisley: "It is a wretched hive of scum and villainy". Ok, that is a slight overstatement. Very slight.

You would use Collarme by signing up, creating a simple profile and then browsing for people in your area who fit your 'get your freak on' requirements. That's it really.

AlphaDomme: While I have met some quality men on CollarMe (especially BetaBoy), I had to filter through literally thousands of wankers. Men that I have talked to say that they get thousands of financial dommes or spammers. Use it understanding what you will get.

Fetlife

<http://www.fetlife.com>

Fetlife is to kink as the yellow pages is to business. Fetlife is the known, acknowledged "go to" place for people who are kinky and wanting to be part of the kink community. Think of Fetlife as Facebook for kinky people. If you live in a moderately liberal and non-scary country, then there is an extremely good chance that you will find kinky people in your city or town through Fetlife.

Fetlife:

- allows you to be completely anonymous. No address details are required. If you want to find someone you may wish to enter what town / country you are in, but you don't even have to do that.
- is free. You can use all the core features without paying anything. If you do pay, you get access to some premium features such as videos, but it is not necessary.
- caters to almost every kink imaginable, only drawing the line at things which are illegal. You can indicate your preferences in your profile and the options are vast.

- is a social networking site. It allows you to "friend" people and join groups where people discuss and share insights around specific topics. If you cannot find a group for your kink, you can always create your own.
- advertises events that you might be interested in attending in order to meet people. In this sense, Fetlife is a great resource should you ever decide to start getting out to real events.
- is not considered a dating site. You cannot search for people with the characteristics that you would like to find.

How would you use Fetlife? Well it is pretty straightforward really. The first thing you would need to do is to go to www.fetlife.com and create a profile. The next section of the book goes into great detail on how to do this well. Then you would join groups that you are interested in, by doing a search. You could for example type "female led relationships" and join these groups. Once you are part of these groups you can join the conversation, asking questions and contributing as you see fit. You could also join groups in your area and begin approaching people within these groups to see if they might be interested in meeting. Again, there is a section in this part of the book focusing on the right ways and the wrong ways of doing this.

Despite (or perhaps because of) these rich features, Fetlife has its problems and issues, especially when you are starting out. There are lots of 'trolls' using Fetlife. Trolls are people who like to stir up arguments and generally to be obnoxious with each other. There is one surefire way to deal with trolls though. Ignore them. Bear in mind also that Fetlife is not just for people who are interested in FLRs. There are all kinds of kinks in there, so keep an open mind and be tolerant of everyone's kinks. Finally, it needs to be said that Fetlife isn't

really a dating site. There is no straightforward means by which you can search for people within your area. It requires trial and error, and patience.

Yes, there are other sites you might consider joining and using. However, if you are someone with limited time who needs to make prioritizing decisions about the best places in which to spend your limited time, then our suggestion is to go with these three, and especially with Fetlife and Men Submit. If you are a single person starting out, we recommend that before you read any further you jump onto Fetlife and Men Submit and sign up. Once you have done that, come back to this book and start tackling the next section on profiles.

An Introduction To Profiles

Now that you have one or more accounts set up and you've had the chance to look around, let's look at how you can make your presence known.

The first thing you will probably notice as you get online and look around is that there are a lot of people out there doing exactly the same thing. You will see lots of people describing themselves and eagerly seeking to make themselves attractive to whomever they are trying to attract. The truth is that it can be quite hard to get noticed; and even harder to get noticed by the kind of people whom you want to notice you. It frustrates most people at some point or another in their search. In fact, we have come across many people who have become completely discouraged about finding someone, simply because they feel like one tiny fish in an impossibly large, and often inhospitable, ocean of kink.

However, with a little bit of the right kind of effort, you can separate yourself from the vast majority of people who are looking. It all begins with your profile. In this section we will hopefully demystify this whole process of getting your profile right.

What the heck is a profile?

Some readers at this point may be feeling a little lost about this whole business of profiles. Many of us hate writing profiles. It is hard writing about yourself. Remember those exercises you did in Part One? That will help you with your profile

A profile is basically a statement by you about yourself. It includes information about who you are, what you are looking for, and what kinds of things you like and don't like. It may include highly specific information about your sexual

preferences and inclinations, or it might be more vague. Some profiles go on for pages and pages, while others (generally the bad ones) consist of little more than a sentence. Some are beautifully written, each word chosen with great care. Others (again usually the dodgy ones) are hastily slapped down. Some people keep profiles more or less unchanged. Others adjust and update them every other day. Ultimately it is a statement about your personality.

Why are profiles important?

As we have said, and as many of you have noticed, there are thousands of submissive men on these kink sites. What is it about you that sets you apart from these other men? Why would a dominant woman be interested in you? Your profile is your first opportunity to express this.

A Sample Profile

Here is an example of a profile. It is BetaBoy's in fact. You can view it live at: <https://fetlife.com/users/1282947>

BetaBoy: Please note that I had some difficulty in writing this! I experienced a bit of a block because I felt a pressure to write something that others will see. Don't be surprised if you experience something similar. My strategy was simply to use an old writer's trick of just writing about my block, to jolt my brain into action. I could have gone back and deleted my introspection later, but I decided not to in this case, because painful self-consciousness is kind of a big part of my identity, so I felt leaving it in was apt.

BetaBoy's Profile

Hi! Well it is high time I placed a real profile here.

Australian submissive living in San Diego. Married and living a female led relationship 24/7 with AlphaDomme. Very happy and devoted. :) I am a kinky nerd who loves to write. That about summarizes things. Read on if you want more info.

Ten minutes have just passed; time spent staring blankly at my screen locked in a self-censoring maelstrom. Well I don't have time to sit here while my psyche plays duelling banjos. I am just going to write. I mean seriously, what can go wrong if I just sit here and say what is on my mind? Will the fetish police come and confiscate my kink license? I think not. So no more backspacing. Here goes.

I am in my thirties (ok lateish thirties), and I have been married to my Mistress, AlphaDomme, for just over a year now. Through this time I have been living in a female led relationship 24 / 7 and it has been like a sexy, exciting, twisty turny roller coaster. I started off with a fistful of hidden, feverish fantasies of submission but through living it with AlphaDomme I've seen these dreams turn into something so much more fun, unpredictable, exciting and challenging. Sucky, huh? But I mean it.

For me my first steps into experiencing submission began with Second Life. I know a lot of people sneer at the abstract, anonymous side of online relationships, but it gave me a start. I still think it is a vibrant and wonderful place in which you can begin to discover what you crave, what you aspire to, what you fear. Before shit can get real, first you need to know and understand a fair bit about your own beliefs, dreams and fantasies. I firmly believe that, and my online forays into kink allowed me to start that process. I also met some special and amazing people there, whom I know I needed to cross paths with in order to find my way to living it in my day to day existence.

I love submission. I love being submissive. I enjoy the soft, sensuous feelings associated with being pleasing to my Mistress and I also enjoy the hard, gritty and overpowering feelings of being humbled, stretched, teased, and hurt. I have lots of kinks but the strongest kinky energy for me seems to come from chastity, humiliation, tease and denial, cuckoldry and a little bit of feminization. I came for the erection but I stayed for the fulfillment. :P

Beyond kink, I am a pretty nerdy individual. Right now I am interested in mucking about with Arduino microprocessors and I am quite partial to a bit of gaming on the side. Oh and I read. A lot. I also write. I adore writing, and I'm currently working on making a career of it.

Right now I am working on a book about female led relationships and how to make them work. I'm talking to a lot of folks in the kink community to gather and test ideas. I am always on the lookout for a new perspective. If you feel you have something to say about how to live a real FLR then I would really, really love to hear from you.

Fetishes

Into: orgasm denial (receiving), using arousal to torture boys in chastity (receiving).

Key elements

In it I have talked about where I came from, my relationship status, my kinks, my life outside of kink and what I

hope to get out of being in Fetlife. We are not saying that this is the best profile out there (far from it) but this is pretty much what your typical profile looks like and these key elements should probably be in your profile, too.

AlphaDomme: I'm in the process of editing the book, and just want to point out that BetaBoy has made one of the classic mistakes in his profile. I'll point it out later :)

BetaBoy: ermm I ... put them in there deliberately, just to ... ermm ... never mind :P

What To Say And How To Say It

We're now going to take a look at some of the key points to remember as you develop your own profile. After we go through this, we will show you some examples of good and bad practice. Then it will be your turn to start drafting your own.

Remember, profiles are read. They are highly public documents. In all likelihood, potential partners will read it and immediately form some opinions about you; opinions that may stick, like an errant leaf of parsley between your teeth. First impressions are powerful. Even though it isn't fair, every statement, mistake, quirk or oddity in your profile will be magnified, simply because it is the very first piece of information has about you. So, it's really important to spend real time on your profile.

Spelling and Grammar

Why is spelling and grammar important? I hear a lot of men tell me 'Just because you can spell, it doesn't mean that you are a good person.' They are right. Spelling and grammar do not make you a good person. However, it does show is that you care enough to take some time to make your profile look decent. It shows that you care enough to try to distinguish yourself from the hundreds of wankers who are just on these sites to find someone who will talk dirty to them. So even though you may not like it, or may not be good at it, take some time on the spelling and grammar in your profile.

First, write it in Word or some other word processing application that permits spell checking and grammar checking. Don't allow silly typos to find their way into your profile. Then, take the time to do a close read to ensure that you avoid all of the little traps that spell checkers don't pick up.

AlphaDomme: Yep, this is where BetaBoy made his mistake. He had a few spelling errors in his profile. I'd forgive him if they were a classic Australian English vs. American English mistake, but they were not.)

Here are a few usual suspects to avoid.

#1 – Avoid this one at all cost!!!! Dominate /

Dominant: I want to dominate you. I am seeking a dominant woman. Dominate is a verb; a doing word. Dominant is an adjective; it is used to describe an object. Please never say I am seeking a dominate woman. It will make many people ignore you.

Then / Than: I went to Alaska and then I went to San Diego. Alaska is colder than San Diego. 'Then' talks about a sequence of events. 'Than' talks about comparing one thing to another. Please don't say Alaska is colder then San Diego. It hurts peoples' souls.

Its / It's: It's better that we go on Thursday. The cat sat on its hind legs. 'It's' is a contraction of it is. Its refers to a property that belongs to something signified by the it. I know the hind legs belong to the cat, but when you refer to the cat as an "it" you don't include an apostrophe.

Lol / omg / omfg / wtf and other assorted txt speak: Some people will say avoid all these groovy abbreviations altogether. We wouldn't go that far but please be careful about overusing them lol. If you end up lol using them all the time, people will be all like wtf and omfg and will rofl at you. Try to tone down the use of all that funky stuff in a profile.

If you don't feel very confident with writing, we suggest that you send a draft to a few trusted friends and request feedback. Alternatively, if this is not an option, just keep your

writing simple and if you are unsure look it up online so as to avoid any painful mistakes.

Be three dimensional

You are creating a profile on a kink site. We know you are kinky, because you are on a kink site! So the very first thing on your profile should show that you have other interests. Remember that your profile is there to demonstrate what you want in a relationship, not just in terms of fulfilling one another's kink fantasies.

Don't be afraid to give some information about what you genuinely enjoy. It is a good idea to go into a bit of detail too. Focus not just on the 'what' but the 'why'. OK so you like fishing. Why are you into fishing? Is it the idea of being able to be alone with your thoughts? Is it the attention to detail? Is it the thrill of not knowing whether you will come away with a marlin or a sardine? Describe your motivations and why you enjoy what you are doing. This gives people a little window into who you truly are.

Not only does this give a sense of who you are as a whole person, it also gives people a sense that you are serious about being a person with someone, rather than simply a play partner. Give some thought to what makes you interesting as a person; your enjoyments, your passions, your beliefs even.

This attention to a three dimensional self-description immediately sets you apart from the vast majority of profiles. This is especially the case for men, who seem to be really bad at opening up and providing useful, genuine information about themselves.

Be honest

This might seem obvious, and on one level it is. The obvious kind of honesty as you set up your profile relates to

your relationship status, your availability, your interests, who you are as a person, your age, your health status: all of the big, important components of you as a potential partner requires honesty. This is an important ethical consideration, but it is also a highly practical point too. If you find yourself at the beginning of a promising relationship and you are caught out in a lie about who you are, then it is almost certain to create a big problem for you right at the beginning.

Now, this is not to say you just blurt out **EVERYTHING** about you, from your troublesome teenage daughter to your chronic hemorrhoid problem right in your profile. The next section talks about that in more detail. However, never, ever lie about yourself is the take home message.

There are less obvious little lies that people seem to indulge in, in constructing their profiles and these are also a big turn off. For example, many people seem compelled to lie about their interests in their profile. I can't tell you the number of men who describe "hiking and the great outdoors" as one of their principal interests when in reality the very thought of being exposed to the elements makes them break out in hives. It might seem like a good idea to exaggerate and lie a little to seem cool and manly like MacGyver, but trust me; most people are pretty savvy to these little lies. It elicits an immediate "oh really" eye roll. Even if it doesn't, what are you going to do when you meet this woman and she sees that you are chronically allergic to plants and terrified of insects? Just avoid the whole problem by being honest.

AlphaDomme: Withholding information can appear to be a lie also. For instance, if you do not tell someone that you are in a relationship, but you are, most people would consider withholding that important information in a situation like this a lie. On the other hand, I

think that withholding something like your real name, until you get to know someone better would be acceptable, though I might just say something like "I'd rather you call me Mike until we know each other better."

Avoid Negativity

Be honest, yes. However, also realize that your profile is a powerful tool for conveying first impressions. If you fill your profile with negativity: what you don't like, how hurt you have been by past relationships, your general disillusionment with the kink scene in your area and so on, then you will be "negative guy" to anyone you are trying to meet. Leave your wise and insightful negative points of view until well after you've met someone and shown your positive, confident and engaging self. Remember the parsley between the teeth! First impressions stick, for better or worse.

Avoid Blurts

The point here is that there is a need for balance between honestly showing who you are, and also knowing what not to reveal for your very first impression. If there are some important aspects of your life that you feel require context and a full face-to-face explanation then do hold these back. However, do also ensure that you do address them early on in the process of getting to know one another. We will look at how you broach these issues in the next chapter which deals with meeting face to face.

Don't just list jargon and attributes

This piece of profile advice is targeted particularly for people who have been in the kink scene for a long time and who are tailoring their profile to seek someone with whom they wish to share a relationship. We recommend avoiding the

overuse of kink jargon and attributes as you describe yourself. It can be intimidating and it can deter people who have less experience than you from making contact. Take a look through your profile with fresh eyes and as much as possible try to make sure that anyone could understand you.

Describe something unique about yourself

The hardest thing in the world can be to stick your head out from the rest of the crowd. It makes you truly noticeable. Of course, this is exactly what you want to achieve! Yes it is scary, but remember at the end of the day this is why you are here: to be noticed as someone unique and special.

As such, think hard about what unique things you can bring to a relationship. Describe these, trying to capture your unique personality. We personally find a good way to write something that is unique about yourself is to listen to your favorite music and write when you feel happy, cheerful and in your zone.

There's no point being half-hearted about it. Get in there, as we Australians say (BetaBoy being the Australian in this duo).

Write for your audience

Just as you want to present your own unique qualities, remember that you also want to attract the interest of a specific, real, actual person. You are not just writing to a faceless crowd. You are writing to that one special person you seek. As such, don't think about the expectations or views of the faceless masses. Instead, bring to your mind that special person you are seeking and writing directly to her. In short, target your profile to a specific audience rather than trying to convey a bit of everything to please everyone. This way you can be targeted, passionate and focused, and you are far more

likely to get noticed.

Leave them wanting more

Be brief. A good profile is not necessarily a long profile. In fact, most people will simply stop reading after a few paragraphs.

AlphaDomme: I don't have ADD or anything, but anything more than 5 paragraphs and I'm not reading a profile. Seriously, I get lots of men messaging me. I'm not taking time to read a long profile.

BetaBoy: Mouths 'ADD' and nods in the background, then whistles and acts nonchalant when AlphaDomme turns to look at me.

If you don't have their interest by paragraph two, you are unlikely to gain it after that. In fact there is a good chance that you'll actively lose someone's interest if you go on too long. The other risk of a long profile is that it may give the impression that you are self-obsessed and narcissistic. This is generally not the message you want to send, especially if you are a submissive male.

The easiest way to be brief is to edit your own work. Most people repeat themselves in first draft writing, or make the same point in a few different ways. Go back into your first draft profile and ruthlessly cull your thoughts down to the bare minimum. This is a crucial step. You have not finished until you go back and edit carefully.

If you still find that your profile is long, then go back and imagine that you are the person you are seeking. Include only the information that this hypothetical person is looking for. Think also about what you can and should withhold for a face-to-face discussion and ensure that this is removed.

If it still goes over a page and a half or so after this, you

might be tempted to think "sorry, I am just that deep". If that is your refrain, then do spend some time reflecting on whether you are allowing a little too much self-absorption and narcissism to creep into your profile! Be ruthless with yourself. You are not doing yourself any favors by allowing yourself to keep a self-indulgent profile.

Go ahead and list a few kinks

Remember that list of kinks that you created in your journal? Go ahead a list of few of your interests in your profile.

Give them an excuse to contact you

Do give your reader an excuse to contact you. If you make sure that you clearly express your interests and your personality, then you are already in a very strong position. Try to finish your profile with a "call to action" for your reader. Invite them to ask questions about your interests. Invite them to tell you something about them. Give them a clear hook that they can use in making contact with you. In short, make it as easy as possible for them to come forward and make themselves known to you.

A note about disclaimers

Many people put a disclaimer like this into their profile:
WARNING: Sydney University – You do not have permission from me to use any of my profile or pictures in any form or forum both current and future. If you have or do, it will be considered a violation of my privacy and will be subject to legal action.

Please don't bother. It is an urban legend that Sydney University (or any university) goes around and steals your profile information. Universities are under strict research

guidelines as to what they can use for research and contacting the person who owns that information.

But beyond that, if you put information out on the internet, there is always a chance that someone is going to take that information. That is one of the issues with the internet. You can protect your privacy by protecting yourself as we have indicated earlier in this chapter.

Photos

Finally, we have to focus on one of the big profile issues: your profile picture. Your absolute first impression comes from the little picture you include with your profile. So, the obvious first point to make is that you absolutely should use an image with your profile. Nothing says you are not serious as much as not taking the time to put up a picture. However, and this is key, please read this carefully, men, DO NOT use a pornographic picture of your bits in your profile. These pictures immediately lose 99% of your potential audience.

*AlphaDomme: This one genuinely puzzles me. Why do such a large number of men seem to be laboring under the false impression that pictures of their bits are going to make women gasp in arousal and decide then and there that they must meet them? The vast majority of women just aren't wired like that. I personally think if you've seen one c*ck you've seen them all. It's the personality and mind attached to that appendage which transforms it from the last chicken in the shop to something I wouldn't mind grabbing hold of, guys. So please, don't send her pictures of your body parts, unless she has specifically requested you to do so. It is rude to do it unrequested.*

A lot of men seem to have figured out that c*ck shots are not looked upon with favor. So now they seem to think that

bending over and spreading their butt cheeks is a great substitute photo. It is not. It also shouldn't need to be said, but photos like giving everyone the finger is probably not going to be the best impression on your profile.

What if you happen to have a buff, toned body and you feel that it's a major asset in your favor? Just take a look on Fetlife at the large number of guys who do exactly this. You are just going to be one of thousands of guys with a chest shot. Our advice is to give it a skip unless you are just sure that your abs are so much better than all the others out there. Sure, post a picture of yourself looking nice and attractive, but vanity is a really unattractive trait, and the negative first impression from appearing to be vain and self-obsessed far outweighs any brownie points you might earn from having a six pack or bulging muscles. So be classy with any pictures you post of yourself. It's far better to reflect who you are as a person, you know - actually inside.

If you choose to put a photo of yourself on your profile, make sure that it is a current photo. There is nothing worse than meeting someone and expecting them to look like their photo, when they are now 10 years older and a few pounds heavier.

What if you are really, really shy? What if you have a genuine reason not to include your face on a public kink site? That is fine! We certainly understand that. How about a photo of you dressed up in a suit, but just don't include your head? What about a photo of yourself doing something that you love, such as fishing or soccer. You could show a pic of yourself from the back. Or again, a pic where you remove your head. Or choose a graphic that reveals part of your personality. It could be a sunset. It could be your pet squirrel. It could be your collection of antique skateboards. It is fine, if that is really you.

One last obvious statement, but it is a mistake often made. Please don't find some random pic of some person on the net and use it as your profile pic. It is really obvious, and it dooms your first date to failure when the person you meet realizes that you don't in fact look like a young Tony Danza.

*AlphaDomme: Tony Danza? Really? *eye roll*. Is this another 70s reference?*

Profile Case Study

A member of our site agreed to allow us to use his profile as a case study for our book. He asked us to look at his profile that he had on Fetlife. He is 42 years old. He lists himself as a bisexual submissive. His photo is a c*ck shot. Here is how his profile reads:

I'm a 40 yo submissive white male, recently relocated to (state1) from (state2). I've always had a strong submissive streak and have always been naturally attracted to strong, dominant, independent women. It's just my temperament and who I am. I have an insatiable, burning need to submit to a woman and am truly most content in that role.

I am seeking a strong, dominant woman around my age -- perhaps a few years younger or up to about 10 - 15 yrs older. Right now, just interested in meeting new people and making new friends, with no pressures or expectations. But, in an ideal scenario, I'd like to meet someone who is compatible for a long term, caring relationship based on mutual trust and respect.

I am considering moving back to (state2) and am open to geographic relocation for the right woman.

I am usually more attracted to the person than the package, but I have a special place in my heart for curvy women and BBW's -- I have always just been very passionate about them and found them very attractive.

I am sincere and genuine and really only interested in dealing with others who are the same. I'm here to meet new folks and see where things go....so, by all means, feel free to drop me a line if you want to say hello.

Overall this is not a bad profile. The big problem is the photo. Seriously, 999 out of 1000 dominant women hate these photos. If you don't believe me, go onto forums on kink sites and start reading. You can't get too far without finding posts with dominant woman talking about not wanting to be presented with c*ck shots. (For that matter, I'm guessing most

vanilla women don't like it either.)

Here are my recommendations for him.

- Lead off with the vanilla stuff. Put in something personal. What do you like to do? Soccer, video games, hiking with the dogs?
- Don't put in anything about relocating – unless you are actually relocating, or there is a really strong chance you are going to relocate soon. 'I will relocate for you' kind of reeks of desperation.
- Be careful about saying you are looking for a BBW. That can be as offensive as saying that you are looking for a skinny person. Everyone has a body type that they are attracted to, and that is cool. But when you tell someone you want them because of one specific thing, like they are a BBW, it doesn't make them feel like you are looking at them as a person first.

The other question that this gentleman asked me was about his designation of 'bisexual' and what I thought about that. There is no one answer to this question. If you are really bisexual, then you should be honest and mark your profile as bisexual.

Be aware that some people will reject you because of this. Some people have misconceptions about what bisexual means, and will not consider you. However, I don't think it would be good to lie about something that important.

If you have a kink of being 'forced' to have a bisexual experience, I don't think that I would put bisexual on my profile. In this case, I would either mark this as a kink if it is important to you, or have that conversation with a woman when it is the appropriate time.

Exercise: Drafting A Profile

Time to draft a profile of your own!

BetaBoy: Please note that this section provides a guided exercise which more or less reiterates, in a practical step-by-step way, everything that was laid out in Part Two until now. If you feel confident that you have all of the key ideas firm in your mind, then at this point you might want to follow your own process for developing your own profile. If you'd prefer closer guidance, then this section will provide that for you.

I recommend that instead of writing directly into Fetlife or Men Submit, go into your journal to do this. Why? For starters, it will most likely help you feel less inhibited to be writing in a place that is just for you. Secondly, this allows you to keep a record. You can keep your draft and final profiles in your journal, and refer back to them over time if / when you renew your profile.

You may look at all these steps and think this is ridiculous overkill for a simple profile. Yes, it does seem an exhaustive process. It should take a few hours, spread out over a day or two. We make no apologies for this. It is a very important document and it warrants serious effort. Why? Because a bad profile is a surefire way to put potential partners off making contact with you. So settle in, be patient and work your way through this exercise. It's worth taking your time with such an important statement about yourself.

Stage 1: Brainstorming

Before you actually start writing your profile, do a preliminary brainstorming session. This really helps you focus on what you want to say, and it also helps you avoid slamming headlong into writer's block. So, forget about your actual

profile for a minute, free up your mind and just write down ideas.

Everyone brainstorms a little differently, but the goal here is that you do NOT stop to think and toil over getting your wording just right. Just write like crazy. Start by writing a few headings on your page. We recommend the following:

- Who am I?
- What am I interested in?
- Who am I looking for?
- What do I have to offer someone?
- What makes me unique?

Under each of these headings just write up a storm. Do not stop to punctuate, prevaricate, ruminate, speculate or equivocate. Just write your ass off. Keep going until you have well and truly more than you need. Before you continue, SAVE your brainstorming session. Keep all your raw thoughts untouched, and copy and paste it to a new page before you start editing and adding information.

Stage 2: Honesty / Accuracy Check

Now go back over your notes and eliminate any dishonesty, small or large, that might have crept in. Anything that you feel does not truly reflect your situation or desires must be culled ruthlessly.

Read over everything you wrote and ask yourself whether you are truly reflecting who you are and what you want. If there is a part of you that is holding back, then go back to your brainstorming and write specifically about this very thing. This is not the place to be reticent or in denial!

Stage 3: Three Dimensional Check

At this stage, it's a very good time to make sure that the whole picture is reflected. Scan through everything you wrote

once more and ensure that you are speaking about more than just sex and power exchange. Are you describing yourself as a personality in the fullest sense? Do you talk about your hopes, your interests, your dreams, your beliefs? If not, then take a deep breath and fill in this picture.

Stage 4: Audience Check

Shift your gaze now. Imagine that you are the person you are seeking who is reading your profile. What information is she likely to be looking for? Again, go through your words and add thoughts and notes which reflect your reader's perspective.

Stage 5: Take Stock

By now, you should have some good raw materials for a profile. You have your ideas laid out and tested for accuracy, fullness and appropriateness. How do you feel about it at this point though? Do you feel that it is missing some core information? Sometimes these things take time. If you feel your information is not ready to be taken further, then take a break! It is not a race. Go and spend some time thinking about something else then come back and repeat the brainstorming process. If you need time to assemble your ideas, then take that time. You are after quality, not speed here.

Before you continue, take a copy of this, and keep it. Paste it to a new page for your continued edits.

Stage 6: Structuring

Now comes the fun part. Go through your document categorizing your ideas. Within each heading you used for your brainstorm you will most likely find that a natural sequence of sub headings becomes apparent. For example in the first heading where you talked about who you are, you will most likely want the first paragraph to broadly state your age, your

location and any other basic, obvious information. In the second paragraph you are likely to go into more detail about your interests and lifestyle. In the third you may find yourself bringing together information about your beliefs. It would flow poorly if you referred to your beliefs before you explained the basic information about yourself!

So go through your document, and begin bringing together broad paragraphs within each of the main headings you started with. Then make sure that the sequence of these paragraphs make sense.

Stage 7: De-blurting

You will most likely have a lot of repetition at this stage. You may have referred to the same idea in a number of different ways, or you may have elaborated in unnecessary detail on issues that could be reduced down to something far more concise. Go through and ruthlessly cull out these repetitions. You are aiming for a good representative perspective on who you are, not an exhaustive and complete picture. Remember that you have all these ideas in an earlier version, so don't be afraid to remove them in this current version.

Stage 8: Take a Break

This one is easy. Go and do something completely, utterly unrelated to FLRs and writing profiles. Just forget about it entirely for at least a few hours, preferably 24 hours. You need perspective for the next step!

Step 9: Reviewing Content With Fresh Eyes

This is a crucial step. You are nearing your first draft. Read through your wording so far and see if it makes sense to you. Remember your audience as you do this. If the structure

or sequence of information seems wrong, change it. If you see glaring holes or repetitions you did not notice earlier, now is the time to drop in notes and to further eliminate blurtiness. Do NOT remove information because you suddenly feel anxious about telling the truth or being too revealing. Be very strict on yourself here! Don't water down your statements. Distill them.

Congratulations. You have your first draft.

Step 10: Introduction and Conclusion

Now that you have something approaching the correct shape, spend a long time on your first paragraph. Make sure that you eliminate all clichés from this paragraph. Ensure that you say at least one unique thing about yourself. Make your sentences as punchy and concise as possible. Read it out loud a few times and if something feels clumsy to say, reword it.

The end of your profile should have some kind of call to action: whether a general invitation to contact you, a subject you are particularly interested in, or even a question. Spend time now on crafting a simple sentence which includes your call to action.

Step 11: Readability

You are nearly there. It's time to go through your entire profile word by word, tweaking grammar and generally working on creating the most readable, well-constructed statement possible. Once you have done your own read through, run the document through a spell check.

Step 12: Read it out loud

Take a few hours away from your profile again. Then read through it out loud, word by word. Fix, revise, reword and refine. Repeat until you can read through your whole profile

without stumbling or noticing any problems to fix. Do one final spell check. Do a happy dance!

What to do with your profile

Well done. What you just did is not easy. This is a major step toward finding someone. If you have done it right, your chances of success just went straight through the roof.

When you feel ready, go ahead and place these profiles on whichever site you wish to start on. We recommend that you start with Men Submit, and actually ask for feedback on your profile. Because Men Submit is an active community you will most likely get some interesting feedback that you can use to further refine your approach. Once you have that feedback, you will want to consider placing your profile up on Fetlife and possibly Collarme.

What Now?

Introduce yourself in online groups

Now that you are set up, the next step is to start introducing yourself. A good place to begin would be to jump on to Men Submit and Fetlife, and say hello (make sure that the group's charter / rules explicitly allow introductions. Some don't). Don't panic if you don't feel that you have much to say. Even a simple introduction in the right places will be very helpful. Really there are two things to bear in mind as you start to interact in the kink community: 1) Always be respectful; 2) Do not feel bad if some people rebuff you or are rude. So long as you work to being respectful and polite to people this is the best you can do. People will recognize your good intentions and more people will like you than dislike you. That is the best anyone can do.

Contacting Women – Finally!

Now that your profile is ready, it is time for you to contact women online. Let's just get rid of one of the misconceptions that people tend to have about female domme/male sub relationships. Some people feel that all initiation must be done by dominant women, that submissive men are not allowed to approach a dominant woman. While this might be a great fantasy, or it might be great in an ideal world, the reality is that if you are going to sit around and wait for a woman to contact you, you might be waiting for a very long time. There is absolutely nothing wrong with you approaching a woman online first.

As we have said before, negotiating the online world can sometimes be difficult. Some people seem to feel that the anonymous nature of the internet should allow them to be an asshole. You will run into these people. You will run into the

disenfranchised, people who have some mental instabilities, and people who are just rude. Your best bet is to just ignore these people when you come across them. Responding to them, while it may feel gratifying to you, is just going to encourage their behavior.

Let's set up a few rules before we start:

- Women are not kink vending machines. They are not there for the purpose of fulfilling your kink desires. They are women and want to be treated as women. If you always keep in mind that they are women first and kinky second, you will do well.
- Messaging someone online is much like sending junk mail to someone. You are targeting a message to an audience that you hope will be interested in you. If your message is good, the person who receives it may respond. They are not required to respond! Let me make repeat that, they are not required to respond. There is no standard of polite behavior that says that a woman must respond to every message that she receives. If she does not respond, do not message her again.
- Don't spam the same message to lots of women. We talk to each other. We know when you send the same message to a bunch of us and you will get a bad reputation. The quickest way to get ignored is to get a bad reputation.

Do your research: profile snoop

As you begin surfing through the online kink sites to find someone, it can really help if you get into the habit of reading profiles before looking at someone's pics. Get information about a woman that captures your interest. This is called "profile snooping". It sounds creepy, but really it isn't!

Basically it just means that you pay attention to understanding what a woman wants. Even though our focus is on a kink relationship and we are exploring meeting someone in a way that is completely mediated by technology, the same rules apply as they did in the "oldy-worldy era." It's all about taking the time to understand someone.

Just as you spent a long time writing your profile, if you see someone who you might be interested in, take the time to read their profile closely.

Does she explicitly state her likes or dislikes in her profile? If so, you are sitting on a goldmine of information. Read this wealth of information closely, as it is a window into what this person is seeking, perhaps even his or her deepest secret desires. If this doesn't interest you, then you might want to revisit the question of whether you are interested in the person to begin with. Does this match any of the information that you journaled about in Section 1?

Does the person have some explicit criteria? Whether it is right or wrong, some people will state that they are absolutely, positively seeking people within a given age range, height range, weight range, etc. If these requirements are stated and you fall outside of them, it is best to simply back off. If her profile says that she wants you to be local and you live across the country, move on. If you find someone who seems to be a great match but you slightly fall outside these requirements it might nevertheless be worth considering approaching this person, but only if you are prepared to be firmly rebuffed.

Once you have read her profile, look around and see if she has posted any messages on the site. Do her messages interest you? Is there anything that worries you in what you read?

Actively decide whether or not to continue

It is a common and pretty serious mistake to think "oh what the hell" and contact anyone and everyone in the wild hope that someone will be interested in talking with you. People talk, and if you contact too many people at the same time there is a good chance this will become known and people will think of you as a bit of a player. Desperation tends not to be attractive. Therefore, be choosy and selective with whom you contact. Take the time to make an active decision on whether this person is worth contacting. If you feel that you have limited compatibility or that you would not be this person's type, then move on. If you are unsure, keep watching them but wait until you feel surer.

If you encounter someone's profile and you:

- Have similar interests
- Feel that your beliefs are compatible
- Have similar kinks
- Meet or very nearly meet all of this person's explicit criteria
- Feel that they acceptably meet all of your criteria

Then Thunder Birds are go! It is worth considering contacting this person.

If you just read the above points and find the content so colossally obvious that it surely doesn't bear inclusion, I'm willing to bet fifty squillionty dollars that you haven't ever sat down to have a conversation with a female dominant who has spent a lot of time meeting guys online. Seriously, this seems like obvious stuff, but a staggeringly large number of interested males fail to meet this basic level of thoughtfulness. Don't be one of them! If reading and thinking seem like too much work, you might want to invest in an inflatable companion instead of a living, breathing one. Just sayin'.

Making First Contact

So you have created your profile, and you have participated in some forums. Now you are ready to start approaching some women.

Let's just say that you find someone whom you want to contact. She has compatible interests and is looking for someone like you, and you feel that there is some real promise. You've read her profile closely and you feel ready to make contact. Our advice is that you don't consider entering into live chat (or instant messaging). It is far better when you first approach someone to carefully construct a well-written message of introduction. We know that sounds a bit "old school" but compared to instant chat, a well-drafted message simply is a more effective and controlled way of making contact.

Spend time on this message. Don't send one line messages such as "hello", "hi there" or, god help me, "ASL". Yes, we do realize that some of you are shy and it can be tricky to think of something to say when you are feeling nervous or unsure of yourself. At the very least though you could take the time to mention something in her profile that caused you to be interested in making contact. Do you both jog on the beach? Great, say something about that. Show the person that you have read her profile and that you have something to say to her about who you are and who she is.

How NOT to make first contact

It may seem like bad news that there are lots of guys and fewer women available in the kink world, but let's take a look at the guys that are out there for a second. The following is an experience my Mistress had recently while online. It is a completely typical interaction; roughly two out of three men

use a similarly lame approach in her experience.

I logged on to the Men Submit website one morning. Eyes still bleary and barely one gulp into my precious first coffee of the day, I received a message from a male sub.

"Hi."

I sighed (if I didn't out loud, then I most definitely sighed mentally). It's hard not to be a little jaded sometimes. How is "hi" an introduction? How does it open the conversation up? I waited to see what was coming next. Clearly this subby gentleman expected me to do all the conversational work, and I was in no mood to oblige. When it eventually arrived, the next message took a different approach.

"Hello Mistress I am a submissive male and I wish I could follow your every command. I LIVE to please you. Please allow me to be your unworthy slave."

Not much better really. Just a different kind of frustrating in fact. He didn't even know me; talk about coming on strong! To receive a message like this, for me at least, feels ever so slightly "icky". I had no intention of providing this individual with wank fodder.

The third message I received was pretty much the icing on the cake.

"I live in New York. I would like to know if there are women on your site who are attractive and would like to meet a man like me who is willing to have a chastity device and be her cuckold."

The guy in the above example lives on the other side of the country, objectifies the woman as a purveyor of kink before getting to know her, and demonstrates that he is only interested in hot women. Basically he is ruling himself out in the space of two minutes. The fact is, the vast majority of submissive males seeking someone to share their life with are not truly ready, and may never be. They aren't truly serious about making it happen. These individuals won't be applying themselves to the task, reflecting on their behavior and endeavoring to change, grow and learn in order to realize their dream. You will be. While these kinds of guys will be wanking

and wishing you'll be planning to make your dream a reality.

A few good examples of making first contact

Here are a few good examples of first contact letters.

Dear MsHeat,

I stumbled across your profile and noticed that you have an interest in Terry Pratchett. I'm passionate about Pratchett too so I thought I would introduce myself. Most recently I read Going Postal, which I thought was one of his best. Have you read it?

Kind regards

David

Here we have a note from a guy who noticed a shared interest, and asked a question about it. It doesn't reveal much about him, but it is a good opening for a conversation. It shows that he has read her profile and that there is the potential that there might be a real connection.

Dear Raven

Hi! My name is Rodrigo, and I saw your post on Men Submit about Silliness in Bondage. I enjoyed your sense of humor in the thread. I see that in your profile that you are in the same area as I am in, and that you are looking for a relationship. I wanted to take a minute to introduce myself. I too enjoy hiking and just finished a bike up to the top of Mount Really High. I would enjoy chatting with you and getting to know you better online if you are interested. Thank you.

Expect rejection and deal with it well

There's an important point to make here. You may have done everything right and she STILL may not be interested. This is completely her right. Unless you are one of the very lucky few, rejection WILL happen to you, so get used to it and treat each time it occurs as a learning experience.

Never, ever, ever respond to rejection in a nasty way. Thank the domme politely even if she was rude to you. Always

be the better person, but if that is not enough for you, there's another equally good reason: women talk. If you are in any way rude after being rejected you are damaging your chances with other women, because rest assured they will talk. So, rise above rejection. Learn from it and show your class by taking it well.

Be polite. Be civil. Be respectful. NO exceptions.

Here are some don't's for you:

Don't:

- contact a woman outside of the area in which you are willing to drive on a regular basis. Be serious about relocating. Most of us will not pick up and leave our jobs and families, so stick in your area,
- bring up kink in your first message

Getting To Know Her...

Sooner or later, if the kink gods smile down on you, you will find a domme who will respond to your introduction letter, and you can work on building up a relationship. Unfortunately, there's no blue print for this. You need to use your common sense as you build a rapport. There are a few key points though that always apply.

Respond in a timely fashion

Don't sit on a message from a woman for a month before responding. Respond within a few days. The reasons for this should be pretty self-evident. Firstly, it shows that you are interested. Secondly, by responding in a timely fashion, you are building on the conversation and not fading from her memory. So, show that you are serious by communicating with her in a timely fashion.

Don't overdo it with the messages!

Yes, we know we just said don't wait too long before communicating so as to show that you are keen, but don't come on too strong by inundating her with messages. Remember, on kink sites there happen to be a vast number of horny, potentially creepy men. Many women are very cautious about guys who come on too strong. So, write to her in a timely fashion but don't pester her! If she doesn't respond for a few days, then you might consider sending her one, and one only, follow up letter to see if she might have overlooked your first letter, but that's as far as you should go. If she stops communicating with you, then cut your losses and move on.

Focus on the woman first and the kink second

Of course, every woman is different, and I am certainly

not speaking for all women. However, I am speaking from experience, having been in the dating scene myself for many years but also having spoken with a large number of domme women who have been through the same process of dating submissive men. The vast majority of women I've spoken to want to meet a man who treats them with respect, and sees them as a person. These women want a companion, first and foremost. Yes, a companion who is submissive but nevertheless a true companion.

Part of the problem is the proliferation of online sites that play to pure fantasy. There is an endless parade of badly told stories and movies depicting a generically vicious woman manhandling a generically well-muscled and submissive male. Sure it can be pretty to watch, but there is a vast, yawning gap between fantasy and reality. Your mission, should you choose to accept it, is to forget fantasy land and treat the woman you are dating like a woman.

This shift in mindset will work wonders. If you can remember that you are dealing with a woman with fears, hopes, loves, insecurities, failings, strengths and dreams, then in most women's eyes you will have graduated from being one of the vast army of mindlessly horny sex zombies into a fully-fledged human and potential partner.

It's so easy really! Instead of picturing her naked, picture her first thing in the morning wearing fuzzy slippers and sipping a coffee. You get the idea. ;)

Treat this like any relationship experience, when you are getting to know someone

Let's get a bit more specific and take a look at the process of dating itself. Every woman wants to be made to feel like a woman. She is unlikely to want to be objectified as a sex object. She will want to get to know you, and for you to get to

know her as a person.

A major mistake that guys make in kinky dating is that they jump straight into kink. What do we mean by this? Well, it can take the form of detailed questions about kink preference, it could be an expectation that the first date should involve kinky play, or it could be jumping headlong into a service mentality, "coming on too strong" with proclamations of subbish devotion within minutes of meeting a lady for the first time.

In all likelihood, the lady you are dating will be mostly interested in working out whether you are a good personality match before seeking great detail on your kink preferences. After all, there needs to be a level of compatibility and attraction between two people, irrespective of whether you're kinky or vanilla.

We are not saying that you need to exclude all kink from the process, (after all you have likely found the person on a kink website where you have a sense of their kinks), but it's important not to get so tied up in your kink that you lose sight of the fact that you're dating someone, and seeking to get to know someone at a deeper level.

Preparing To Meet

Over time, if all goes well and your communication evolves, the exciting next step is that you start thinking about actually meeting face to face.

It is fine for this process to take time. The best advice we can give here is to enjoy the journey! It is really easy to get swept up in things at this early stage. You don't need to go slow here for its own sake, but avoid rushing. The most important thing is to get to know one another properly. If it is right there will be plenty of time for getting crazy later on.

Quite frequently, people like to exchange phone numbers and emails before moving to a face-to-face encounter. Just go with the flow and endeavor to be reassuring and to feel reassured as you move forward. If you feel it is unwise or too fast to take a step forward, then explain this. Sooner or later you will either realize that this is not right or that it warrants meeting face to face to see if there is potential.

If you feel ready to meet the person, suggest it. If you feel the time is right, go for it and suggest meeting in a safe, public space. More will be revealed in Section Four: Dating.

Part Three:

Finding Someone At An Event

Introduction

You might have eagerly turned to this section of the book thinking 'yes! Meeting the good old fashioned way, face to face, just as god intended.' More likely, the idea of meeting other kinky people in person terrifies you for a variety of reasons. We know the idea terrified us for a time. Sorry but if you do not pass Go you do not collect two hundred dollars. Trust me on this, even if you are going to kink events, you should still have an online presence. So be patient, and go back to part Two and work on building a good profile and getting yourself properly set up.

Why, we hear you ask? For two reasons. First of all, one good way to find out about events is online, and in order to do that, you need to create a profile on kink sites. Second, even if you do go to an event and successfully charm a lady there, the chances are she is going to want to find out more about you than she can politely and quickly ask during the course of the evening. Yes, there will be exceptions. There are no hard and fast rules when it comes to meeting people, but there is a damn good chance that she will want to take a look at your profile if you impress her. If you don't have it set up and ready to go, then you are at a profound disadvantage.

Go Out In Public? Are You Crazy?

Trust me, we know where you are coming from. We both started out as new single people in the kink scene. I had a variety of concerns about going out to events. I worked in a very conservative industry, and had a very high position in the organization. I could not afford to be 'outed'. There was a lot I did not know about kink. The idea of going to some party where I did not know what was going to happen did not really thrill me. (I do like to be in control after all.) What would be expected of me? What would I see? What would I have to do? Would I meet anyone, or would I just be standing around all alone looking stupid? All of these thoughts made me feel really uncomfortable about going to an event.

What changed my mind was several things. The first was a conversation with someone who had attended events. I told him that I didn't want to attend events because I was afraid I would meet someone who I would know, and then they would 'out' me. He told me that if I did meet someone I knew, that person was probably just as afraid that I would 'out' them. We all desire to keep our activities private at these events, and there is an etiquette which we will discuss a little later.

I can help you with the other fears about events. Here are some ideas on how you can cope with some of these issues:

What is going to happen at an event and what is expected of you?

First of all, read the description of the event. Some organizers put in detailed descriptions about the event. But if you still have questions, contact the organizer of the event. (Or if you can't get hold of them, contact to someone else who has rsvp'd for the event.) Tell them that you are new and want to

attend the event but have a few questions. Tell them that you'd like to know what happens at the event, is there a dress code, and is there anything else that you should know.

I won't know anyone and I don't want to go alone.

I don't want to be some lame guy standing around looking desperate. Suggestion: There are a couple of ideas here for you. First, when you are talking to the organizer of the event, tell them that you are new, and do they have someone who they could introduce you to so that you don't feel out of place.

My second suggestion is to ask the organizer if they need a volunteer to help out. Organizing an event takes a lot of work! Help is always appreciated. This would give you something to do so that you are not feeling quite so unfocused at the event, and allow you to get to know people.

The last idea is for you to look at who else has rsvp'd to the event and introduce yourself online. Tell the person that you are new and this will be your first event. You would like to get to know some people so that when you get to the event you might have some names that you can associate with faces.

Event Etiquette

Let's talk about event etiquette.

- What happens at events stays at events. This is the cardinal rule of events. You do not talk about anything that happens at events outside of the event. If, for example, you did see someone that you knew in the real world at a kink event, outside of the event you would not acknowledge that you knew each other or saw each other there. Protect everyone's privacy!
- Be prepared to have answers to some questions that people will ask you. Such as, what shall I call you or what is your name? You can give your real name, a fake name, or your online name. It is up to you, but decide ahead of time what you are going to use. Likewise, if someone were to ask you what you do for a living, be prepared to have an answer that you are comfortable with. It can be as generic (I work with computers) or as specific (I am a plastic surgeon at such and such hospital) as you wish. You can also say that you would rather not say. No one will take offense.
- No means No. Feel free to ask someone if they would like to play at a play party. But no means no, and you only get to ask that person one time at that party.
- Just because we are kinky, it does not mean that you can disrespect people's boundaries. No one is allowed to grab you or touch you without your permission. You are not allowed to grab or touch anyone without asking their permission. If you wouldn't do it to a stranger in a bar, it is not acceptable at a kink party either.
- Play parties often will have their own rules regarding play etiquette. Be sure to ask the host what the rules are.

Why Would I Go To An Event?

Well, as mentioned, going to events is one more way to meet someone. Not only that, you are meeting someone at an event for kinky people, which is just what you are looking for! But I would challenge you to look beyond events as simply a way to meet someone to date or play with. Here are some additional reasons why you might get out to events:

- Meeting people in the kink community is an opportunity to make friends with people who understand you. Even if you don't find a partner, it never hurts to have friends.
- The kink community offers all kinds of learning experiences, both formally and informally. Not sure what you are doing? Get out to a class. Or go to a party and observe. Or ask someone if they will show you a skill.
- Just as in vanilla life, networking is important. Sure, you might go to an event and not meet the woman of your dreams. But you might just meet someone who you become friends with. And that person might know a nice woman that they would introduce you to. Don't be so single-minded about finding a woman that you fail to make some friendships.

What Kinds Of Events Are Out There?

What isn't out there! This is the world of kink, and anything can and at some point probably will, happen. I suppose we should be more helpful and inform you that your go-to spot for learning about kink events in your area is Fetlife. Once you sign up to Fetlife and provide the city you live in, you need only click on "events near me" to enter the wonderful world of kink events.

You will see a range of events listed. If you click on one it will take you to a screen with more details provided, including the venue address, the meeting time and any other information you should know. Signaling your intention to attend is often as easy as clicking the "I'm Going!" button, although some events may require you to contact the organizer beforehand, but we will go into that later.

It really is amazing how many opportunities you can find to get up close and personal with similarly kinky folk. However, it isn't quite that easy. It never is, is it? The problem is that some events are seriously not for the beginner, while others are a really bad way to meet someone. It will either be too loud, too intense or too crowded to fall into a conversation with someone you fancy at many events.

For this reason, we are going to focus on four major kinds of events. These four kinds of events probably offer the most promising opportunities to meet someone face-to-face, especially if you are new to kink. These are munches, play parties, teaching events, and CFNM parties. Let's take a look at each in turn.

Munches

Munches are probably the most available and least confrontational kink event imaginable. Bear in mind though

that while there are some Femdom focused munches, most of them are for all people involved in the kink community.

They are typically held in pubs/bars and restaurants in cities. People attending are required to wear standard street clothes and to not do anything outwardly kinky. No chains, no whips, none of that stuff. People will speak about kink things, but usually quietly and discreetly. By and large, the regular folks at the event will have no idea what you are talking about and what you're interested in.

Generally, munches are friendly and casual, and they are a perfect way for the beginner to get to know people in the kink community without feeling overwhelmed or too uncomfortable.

Each munch has an organizer, whom you can contact through the event. It's a really good idea to do this if you have not been to one before. Drop them a brief message to let them know that you'll be coming for the first time. Most organizers at this point will be sure to identify you at the event and make sure that you are welcomed.

Generally it is no harder to mingle at a munch than it is at any barbecue or dinner party. All you need to do is be friendly and respectful, and willing to talk about yourself and listen to others. You should feel quite comfortable to spark up a conversation with a lady who impresses you. You might want to review step 4 of part Four for some times on being sure that you have something interesting to say.

Generally, you should approach a Munch as a great way to get a very preliminary sense of what someone is like in person. However, don't have too high a set of expectations. Generally people flit around like butterflies at a munch event, talking to old friends as well as meeting new ones. You're therefore unlikely to get a lot of one on one time with anyone. This is where your online ID comes in handy. Be ready to give

someone your online ID should they ask for it. Similarly, you can always ask someone for their ID so that you can look them up online.

Just a reminder, while it is great to go to events to look for a potential date, you would be better off to go looking to meet nice people. When you concentrate solely on what women are there who meet your dating requirements, you are ignoring many conversations and many interesting people.

Teaching Events

Most communities offer a variety of teaching events. Let's face it, there are many kinks out there. We've yet to learn about all of them. When we first started out, it was overwhelming to try to figure out how to do things. What if I do it wrong? What if I look stupid? What if I really hurt someone in a bad way?

Take advantage of the classes in your area. These are taught by people in the area who often volunteer their time or teach for a small fee. They are often not experts, but are usually very knowledgeable on the subject. You are often given the opportunity to practice the skills. If you have not come with someone, this is a good opportunity to introduce yourself to someone and say 'would you like to try this out?'

Play Parties

Play parties usually have large numbers of people attending. For this reason, you might be interested in going along to one. Do be prepared to be a little overwhelmed though, especially if you are new to kink. There will be outward displays of power exchange, anything from submissives on leashes to subs in cages or suspended on apparatus. There will also be single people in more normal clothes observing and talking to people.

It is a bit of a meat market. You'll see lots of people parading around looking extremely attractive. You'll also often see little clusters of people who are very much their own little clique. Good luck with breaking into these groups. It would very much be an uphill battle.

AlphaDomme: This is the difference between an introvert opinion and someone who is a little less introverted. BetaBoy feels that play parties are very clique-like. I've always found them to be very welcoming. I've gone to parties and always been talked to. Lest you say it is because I am a woman, I've seen the same welcoming behavior with men. Part of it is what you put into the experience. If you hang back and hide in the corner, people are not going to make an effort to meet you.

If you are an introvert, you may find play parties a bit overwhelming. We suggest talking to the person running the event ahead of time and see if they can introduce you to someone since you are new. You may find yourself falling into interesting conversations and meeting people, but I (BetaBoy) personally have found that it is much more intimidating to mingle at these events and there's a good chance you might leave the event having interacted with only a few people. It's worth a try if you are up for the adventure, but it is not fertile ground for meeting new people. If you are less introverted, play parties are a blast. You are going to wade in, meet people and have a good time.

CFNM Parties

CFNM stands for Clothed Female Naked Male. What happens at a clothed female naked male party is probably pretty self-explanatory. It's a fairly extreme power exchange event in which men strip naked and are required to serve the women drinks and food while they generally relax and chat

amongst themselves. Afterward there will most likely be some kind of play, which you can choose to participate in or you can bow out.

While going along to one of these does require a bit more courage and adventurousness than a munch or a play party, it is a great way to meet people. Generally the ladies at these events are friendly and accommodating, provided you treat them nicely! There are opportunities to chat and get to know the ladies, but again, only to an extent. Don't expect a lot of one-on-one time. However you will get to see what the ladies are like in person.

How To Present Yourself

I know, it sucks that it's a superficial world in many ways, but your appearance does count. It'd be pretty dumb to lie and say that appearances don't count when meeting someone. Of course it matters. If you are good looking your job will be easier. That is all there is to it. However, if you don't fall into that rarefied class of hot individuals, then don't despair. It's not all doom and gloom. A big aspect of your self-presentation has nothing to do with making yourself hot, and more to do with showing that you respect yourself.

I've seen many, many guys showing up to kink events with something clearly not working about their appearance or demeanor which they could change, with only a little added effort.

Hygiene

The first and most obvious is hygiene. Please guys, pay attention to your grooming habits! We hear all too many accounts of guys showing up to an event with some serious cleanliness issues. Seriously, this makes us all look bad!

If you've been single for a long while, this is a point you should really look at closely. Let's face it, many guys can become pretty grubby if they are away from other people, especially women they have an interest in attracting. Take a moment to look critically at your habits if you're this guy, and make a very conscious effort to get it right. You may well have some bad habits to unlearn.

Here are some of the usual suspects you should attend to.

- Is your hair clean and in control?
- Have you showered and used deodorant?
- Are your fingernails neatly trimmed?

- Are your clothes clean?

Each of these issues could be a deal breaker when you are out and about meeting new people.

Clothing

Clothing can be tricky in a kink context, as some events have a specific dress code.

If you are going to a munch, then you are fine to wear something that is neat and casual. In fact, you should avoid wearing anything that is too kinky or edgy to a munch. The expectation is that you will look mainstream. Don't make the mistake of underdressing for a munch. Yes it is casual, but you would do well to wear high-end casual rather than jeans and a t-shirt. On the other hand, definitely avoid wearing a tie or a suit jacket, unless you are going directly from work. A button down shirt and casual pants is your zone.

Here's an additional tip. Try to aim for neat, casual and a little bit unusual. People in the kink community tend to appreciate a bit of flair. An unusually colored or designed shirt might be a good option. Basically any little thing you can add to your appearance to make you stand out as being unique is a seriously good option in a munch setting. It's a conversation starter and it shows that you have that little flash of eccentricity, which is so appealing to many kinksters.

If you are going to a play part or another kinky event, then you will want to have something to wear which is a bit more kink-friendly. Really, a simple yet great option here is simply to wear stylish black. After going to a few of these events you will figure out what specific style you might lean towards, but starting out, black is a good option.

Communication and body language

Just as you would at any event in which you plan to meet

people, be alert to your body language. Think about what it says about you. Are your shoulders back? Are you smiling? When you speak to people do you give them your full attention and prompt them? All of these things will have a massive impact on your likelihood of being noticed.

Then there is eye contact. We are pointing this one out in particular because it is a really obvious area that many guys seem to fall down on. Avoiding eye contact is something people naturally do when they feel nervous or unsure of themselves, so you tend to see it a lot at kink events where newcomers are often freaking out about being at a kink event out in the open. The problem is it will make you appear shift, evasive and / or aloof. None of these are conducive to making a good impression on someone. So, make a conscious effort to meet everyone's gaze and smile. Show that you're happy to be there and to be seen.

Mingling

Do be sure that you engage with everyone, and not just the women who interest you! Remember, many single women in the dating scene rapidly reach the point of feeling pretty jaded about the vast number of hopeless guys out there. This kind of selective attention will brand you as a bit of a player, and not very genuine. So, make a big effort to be friendly with everyone at the event; men and women, old and young, pretty and not so pretty. Show that you are inclusive, friendly and interested in the people that are around you. Don't consider it a waste of time if you only get to know guys or couples at an event. It is far better to aim to get to know women as part of the process of finding your way into the kink community as a whole.

Don't be afraid to introduce yourself to people. The last thing you want to do is to sit in a corner hoping that other

people will come to you. People will generally make an effort to be friendly and accommodating, but the onus really will be on you to get conversations fired up with people. While every crowd is different, if you are nervous about meeting people, I would recommend that you start by introducing yourself to other guys. Guys will be less suspicious and guarded when a single male comes up to them to chat, whereas many women will be, simply because there are so many guys who are not genuine.

If you meet people you like, be sure to exchange Fetlife profiles, so that you can friend one another and you can continue to get to know them through future events and possibly online communication. As we indicated earlier in this book, you really can't expect to avoid an online presence entirely. Make use of it to continue the mingling process beyond the event.

Avoid social lubricant

Finally, we need to issue a warning about alcohol and any other substance you might be tempted to use to calm your nerves. Most kink events have a blanket zero drug and alcohol policy. Kink can involve risky or precision activities and it is not a time to be out of control. Because it is a non-play event and because it is usually held at a pub or restaurant, people at munches do drink, but don't get even close to mildly inebriated let alone drunk. I've seen many a guy sloshing down the alcohol at a munch to deal with his nerves and they become utterly obnoxious. I've even seen situations where they have been banned.

I've heard the women talking about the guys who get drunk at events. Trust me, you don't want to be that guy. Women talk, and it is really, really easy to instantly black ball yourself with a lot of people if you get drunk and obnoxious

at an event.

Be yourself

This is probably the most important point. Be yourself. Just because you are going to a kink event it doesn't mean that you need to pretend to be someone you are not. Talk about yourself as a person, not just a kinkster, and be willing to engage with other people on that level. If you can relax into this authenticity, again you will be one of the guys who stands out from the crowd.

Take Your Time

Finally, we just wanted to reiterate that events are meant to be fun. They aren't really usually devised or run to be hook up events, so the best attitude going in is really to enjoy the journey and the spectacle and just relax. If you keep just showing up, eventually you will become part of the community and meet people, especially if you are also active on Fetlife!

If you hit a point of just feeling a bit fed up with events, or frustrated that you are not meeting that special person, my advice is that you take a step back for a little while. There is no shame in this, and many people do hit that point. It's better to go and socialize in other circles and chill out for a while, rather than to push yourself and just get more and more jaded. Kink events will always be waiting for you when you invigorated and adventurous enough to come back.

Yes, finding the right kinky person is a long process for most of us. That's why you will be doing yourself a favor if you can enjoy the journey, and be happy to meet other friends along the way.

Part Four:

Dating

Introduction

Let's say you've approached the person you are interested in meeting, and things have started nicely. Maybe you have even spent some time chatting at a munch or play party. Pat yourself on the back! Nice job so far. The next step is finding an opportunity to have one-on-one time. For the purposes of this book, we're going to call this magical process "dating". So take a deep breath, and let's take a look at some ideas that will hopefully help you traverse the kink world as you seek your special kinky soul mate.

Dating In The Kink World

All of the advice relating to communication and personal presentation that was outlined in Section Three is every bit as applicable to dating. Therefore, it's a really good idea to have read through Part Three before embarking on Part Four.

Dating in the kink world has some mystifying dimensions to it. It confuses and scares a lot of guys who are starting out. A lot of that fear seems to come from the idea that it's hard to know precisely what the rules are. There's something approximating a rule book when it comes to setting out on a typical romantic relationship with someone. There are ideas and patterns of behavior to fall back on, and you can kind of absorb a lot of these ideas from watching television or just listening to other people who have been through the same process.

Most people don't have this luxury when setting out on finding a kink relationship and as a result it can be a lot easier to fall into a pit of your own making. How do you address a dominant woman? How do you show that you are a submissive in public? Do you talk about the sex stuff right away? All these questions and issues are heaped on top of the more typical complications and stresses of a romantic encounter: things such as do you pay the bill, how do you have a good conversation, and so on. The end result is that kink dating feels like treacherous and unknown waters.

AlphaDomme: Men sure get their knickers in a twist about this. Take a deep breath and relax. Dominant woman are women. I know we've said that before. There is no special rule book for submissives for dating because it is not different. That being said, I always thought that dating was a pretty common sense thing. About a year ago there was a

post on Fetlife about things that were good or not good to do on a date. The advice was alarming, in that it was all based upon experience that women and men had from dates they had been on. Most of the responses were women writing in about really bad experiences they had with men on dates. These were not kink experiences. They were simple things like men being filthy. I did a Google search on dating coaches, and the first 4 pages of search results were all for coaches that concentrated exclusively on men. Somewhere along the way, we are not teaching our boys how to date. Most of you will find this section to be common sense. But please read through it, because it is information that women find important.

Part Four of this book is all about guiding you through this process.

Understanding Dating From A Dominant Woman Perspective

AlphaDomme: I understand that showing up for a date with a dominant woman must be a scary thing. Before we get into more on dating, I want you to understand a little bit about what dating is like from the perspective of a dominant woman.

To get to this point we have had to sift through hundreds and hundreds (not an exaggeration) of emails and messages to find someone who we are interested in. Many of these messages are things like 'Will you sit on my face' or 'I want to be your slave'. These are constant messages. Then we get excited, we get a message from a guy who seems promising. So we chat with him online for a while. He seems really nice, we have a lot in common, his kinks seem to be ones we are interested in. Then he disappears. No reason for it. He just stops messaging.

So we go back to the drawing board. We sift through hundreds and hundreds of messages. We find a guy we are interested in. We set up a date with him. And he doesn't show up. In fact, at least 50% of submissive men do not show up for dates, and the dominant women are left at the restaurant looking stupid waiting for the guy.

If you wonder why there are not a lot of dominant women online, or why some of the dominant women online are angry, this is why. They have to put up with a lot of bull to find a submissive man who will actually show up for a date. And you still haven't even met to see if you really like each other yet!

So, now you have a date. The truth is that we dominant women are just as apprehensive about the date as you are. After all, dating is a bit scary. Let's face it, we all review our

insecurities when we are dating. Yes, even we dommes do that. Even those of us who are strong and secure find dating to be a daunting process. So keep in mind when you are meeting us, that we might be as nervous as you are.

Step 1: Setting Up The Date

Go over the ground rules

As you are gearing up for your first face-to-face encounter with a dominant lady, run through the ground rules; both those you have set for yourself and any she might have specified as a requirement.

Safety check

The first word about meeting anyone face-to-face for the first time must be safety. There are some weirdos out there, of both sexes. This is true of dating in the vanilla world and it is every bit as true in the kink world. Perhaps it's even more true. For both men and women in the kink dating scene, it's therefore really important not to get swept away in the excitement of it all to the point that you forget about your own physical and emotional safety.

Playing it safe physically is pretty straightforward, and all you really need is some commonsense.

- Make a firm rule with yourself that a first date always happens in a public place. The first date should just be for a coffee or drink and should go no further. When we say "firm", we mean make it an unmovable, absolute and exception-free rule. Your first date might be perfect; she may seem utterly charming, sexy and exciting. Still, hold to the rule. People can be very clever, cunning and deceptive and it won't kill you to wait a day or two before they see your etchings. We advise making this rule very clear before the date begins. That way you can avoid disappointment and awkwardness when you are face to face. Why is this a good idea? Because at the end of the date, you can both walk away and decide if you

liked each other enough to want to see each other again. Because if you agreed upon playing or sex, and you don't end up liking the person, you likely will feel obligated to carry through. So give yourselves a break and make sure that you set this rule up ahead of time.

- Arrange for a meeting in a public place. Trust your feelings. Anyone who tries to meet you somewhere that seems unsafe is probably not a good person to meet.
- Have a 'wing man'. This is just simply a friend or family member who knows that you are going on a date. They don't have to know that you are meeting a kinky person. Have a backup story of how you met (pick a vanilla dating site or something). Tell them that if they don't hear from you by (x time) then there is a problem.
- If and when you do reach the point of going to someone's home for the first time, tell someone you trust where you are going. Provide the name and address of the person you are seeing and a time when you will contact your friend after the date. Beware of anyone who asks you to keep this information secret.

Paying for the date

Who pays for the date? It is not really a kink question, We see it asked all of the time on vanilla sites too. Ask 100 people and you will get as many different answers and reasons. If in doubt, ask. Sometimes the domme likes to pay. Sometimes the sub likes to pay. Sometimes one or the other will have less money, and it helps if the other person pays. Sometimes people like to pay for themselves. If you are too embarrassed to ask, then at a minimum bring enough money to pay for yourself, if not for both of you, and then work it out during the date.

Contact Info

Be sure that you have exchanged a way to contact each other on the day of the date. In the event of an emergency, you need to be able to reach each other. (In the event that you have an emergency and cannot show for the date, contact her immediately. If you are running late, contact her and let her know.)

Protocol

Have any specific protocols been set for when you meet? Some dominant ladies specify very clear requirements for when you first meet them. This might be presenting them with a red rose, kissing their hand, or a title they would like to be referred to as. Alternatively, she might have specified that there should be no displays of power exchange in public. Whatever her requirement, be absolutely sure you understand what they are and are capable of observing these requirements to the letter. If you are unsure – ASK. If for some reason you forget to ask, always err on the side of vanilla behavior in public.

Go over this in your mind and be clear on the ground rules. This will help you greatly when you are in the heat of the moment, flustered, horny and excited! Try to program your mind to know what to do, so that you don't fall back on unfortunate instincts.

Step 2: Prepare ForThe Date

Discussion Topics

I don't care if you are super-hot-six-pack-guy or owns-a-Ferrari-guy or whatever: a submissive's brain is his greatest asset. Sure, it helps to have the trappings, but for most women (certainly for most that are serious about an actual relationship) what you're going to need to show is that you have a head on your shoulders. Wit, imagination, consideration, a willingness to listen and learn: all these abilities of the mind are going to earn you major brownie points as you get to know anyone, and especially a potential partner.

The last thing you want to experience during your first encounter is a tongue-tied inability to think of anything to say. Don't get me wrong, little shy silences are going to happen. EVERY first encounter has its inevitable dose of awkwardness, and this should not be feared.

What we are talking about is that long, interminable silence where you realize that you have nothing whatsoever to say to this person. That's what you need to avoid. Fortunately, you should have information and knowledge at your fingertips to avoid this unfortunate circumstance. You have her profile.

You are going to need to have some things to say on your date. Here are some ideas for you:

Read her profile again

As you prepare for your date, take time to go over her profile and all of your correspondence. Build up a profile of her interests, her likes and dislikes and be prepared to talk about them. There's nothing wrong with doing a bit of research on her interests so that you have something interesting to say about the. Also, don't be afraid of asking questions! If you see something about her which particularly intrigues you,

make a mental note to ask her about it. Don't ask her about kink on this date, unless she brings it up first. Above all, be aware of the fact that you are in a vanilla place, and be sensitive to the fact that others around you may not wish to hear about your kinks.

Have something to say about yourself

You should also spend some time thinking about yourself. Have you read any good books lately? Did you recently go to an interesting event? Did something particularly noteworthy happen to you recently? If you find yourself with nothing to say, it's time to start accumulating experiences! Read a good book and be prepared to talk about it. Do something interesting. There's nothing wrong with deliberately setting out to enrich your life so that you have something to bring to the table when you are in this kind of setting with someone.

A little warning here. While it is ok to speak a little about negative things or difficulties you've faced in life, a little bit goes a long way. Sometimes it feels easier to talk about these negative things than positive aspects of your life, but you don't want to give her the impression that you are depressive or not in charge of your life. Be sure that you have positive, life-affirming things to say about who you are and life in general.

Get up to date on what's going on in the world

We are not saying that you should read a newspaper cover to cover, but do catch the news and generally bring yourself up to speed on world events before you meet someone. Current affairs almost always finds its way into any conversation, so be prepared to hold your own when these topics come up.

Don't despair if you struggle

I am a pretty literate and talkative guy, and I know that I've nevertheless suffered from awkward, tongue-tied spells in dating. I've talked to lots of other guys in the process of writing this book and I've encountered the same phenomenon. You can be the smartest, most well-read gent in the world and still have these moments. Don't despair. Confidence is a major factor in this, and the more comfortable you get with the process of dating, the easier you will find it to draw from your knowledge and impress her with your smarts.

Just remember that your mind and your ability to communicate your thoughts is a major asset in meeting someone. Work on developing this skill, just as you would work on getting good at a sport or any other skill. You can get better and better at communicating with practice.

AlphaDomme: If you are a shy guy, have a conversation with her online before your date. Let her know that you are shy and sometimes have trouble carrying a conversation, but that it is not because she is not interesting. You don't want her to think that your lack of conversation is because you don't like her.

Topics to Avoid

These are things you should not talk about, unless she directly asks you about them: politics, religion, and your ex's.

Cleanliness

It should go without saying, but I've heard complaints from women often enough, that we're going to repeat it here. Before your date you need to shower. Wash your hair and your body. With soap. Clean under your nails. Cut your nails. Trim your nose hair, if necessary. Put on deodorant. Put on clean clothes. Make sure that the clothes are appropriate for wherever you are going. Brush your teeth.

Checking in before the date

It is always good to check in the day before the date and just send a message or call (whatever method of communication you have used) and confirm that you are looking forward to the date and that you will be there. There is nothing worse than being stood up for a date.

Step 3: The Date

If you've done your homework and prepared yourself relax into it and give it hell!

In the back of your mind, remember that you are with this woman as a confident, self-assured submissive male. She will in all likelihood be looking to see these traits shine out of you. Think about this and don't hide your light under a bushel. You'll need to find your own style, but these are the kinds of behaviors and observances you might like to consider in order to show her who you are:

- Offer to take her coat as you sit down to eat with her. Place it over the back of her chair.
- Hold the chair out for her and be sure that she is seated before you take a seat.
- Allow her to order first. If she is particularly dommeish she might order for you! (If she does, enjoy it. It's sexy.)
- Make eye contact. Listen to her, and ask questions.
- Speak openly and honestly about yourself, but be sure that you aren't monopolizing the conversation.

AlphaDomme: I once went on a date with a guy who talked nonstop for 30 minutes. I couldn't even get an 'uh huh' in. Don't talk too much. Show interest in what she says.

BetaBoy: Surprisingly, this was not me.

Notice that these displays of your submissive energy are subtle and for the most part, correlate more to extreme good manners than to anything kinky. This is the kind of energy which will serve you best in a first date scenario. Don't sexualize it too much. At the heart of it, be motivated to be sure that she is comfortable, has fun, and gets a true and

honest reflection of who you are and what you have to offer.

Don't feel worried if you have moments in which you feel self-conscious or "clunky". This does take practice and time. It's ok if you aren't completely poised and come across as a bit nervous. Just make sure you are well-mannered and put her first.

In short, make the night about her, not you.

Step 4: Ending Well

First impressions are important, but closing impressions are vitally important too. How you wind up your first encounter is going to have a big impact on how you are remembered. It's important to have a bit of a checklist in your mind of what to do when the encounter is coming to a close.

Be sure to thank her. Even if it was a rotten evening, thank her for her time.

Tell her that you'll be in touch. If you enjoyed yourself, tell her, and say that you'd love to do it again. If you didn't enjoy her company and you don't want to do it again, then don't tell her that you do. If you feel pressured into committing to something you know is not right for you, then politely decline. If you absolutely feel that you can't decline like that, to her face, we do understand. We've struggled mightily with that, too. This is why we suggest walking away from a date and taking time to think about it. Tell her you would like to get back her.

Regardless of how you feel about how it went, you have a responsibility to offer to accompany the lady back to her transport. However, make sure that you offer gently. She might not be comfortable with this, so it is her call. She may say no and if she does that is fine, but do be sure to graciously offer to do this.

It's really up to you to read the moment and decide if a kiss fits the moment (and bear in mind that the domme you are seeing might have set a ground rule for this!) Just remember your rule. The first encounter ends with you both parting ways and going back to your homes with no play of any kind. This is a vital step in ensuring your safety but also it helps ensure that neither of you are pressured. Being pressured into play too early is a recipe for things going all kinds of wrong early on.

Again, if you feel pressured, politely remind her that you have this rule and you have promised yourself that you'll stick to it.

Step 5: After The Date

You've finished your date. Congratulations. This can actually be a really challenging time for the single submissive male. You have one of two challenges to contend with: either you will be feeling totally excited and tempted to run at this relationship all guns blazing, or you will feel down because things didn't turn out. In either case, it's important to be sensible. Don't let your emotions run away from you, whether they are negative or positive ones. Now is the time to be sensible, take stock and think carefully about what happens next.

If it did NOT go well

We are sorry. Everyone has them, and it always sucks. Sometimes things just don't click and if it is any comfort at all, please remember that only another gajillion or so guys have been through what you are going through now. Statistically it's almost a certainty that you'll have your fair share of not-so-great experiences.

There are going to be two situations that you run into. The first is that you both realize that you are not interested in each other. The second situation is that one of you is interested and the other is not interested.

The first situation is clearly the easiest situation to deal with. A politely worded message sent to her that you enjoyed the date but that you did not feel the connection should be a sufficient message. There is no reason to detail out why you did not like her. Even if she misrepresented herself in some way, take the high ground. Never, ever speak ill of someone you went out with. Even if she says negative things about you in a public forum (such as online) never retaliate. We will say that this rarely happens, but it can. Most people are sensitive and mature enough just to move on if things don't work out (the two

exceptions being if you were dishonest or disrespectful. If you were either of these then you can reasonably expect all hell to break loose!) If it does happen, always take the higher ground. It makes you look far worse if you fling mud around. If you do not wish to have a second date with her, but she really enjoyed your company, that is slightly more uncomfortable. We would still stick with the message above. You can tell her that she seems like a very nice person but that you did not feel the connection. Yes, she may be hurt. Hurt is a hard part of dating that we all go through. You also may run into the opposite situation. You may have really felt a connection with the woman. You may go home and message her telling her that you really enjoyed yourself. Sometimes you might get the polite message that she is not interested, and you will feel that hurt. Don't take it personally. There is someone out there for you, you just have to find her! Sometimes you might not receive a message back from her. This is rude and we do not agree with this. The proper response to this is to move on. Do not message her again. Do not send her another message begging her to respond, telling her how much you liked her. Do not send her a message telling her how rude she is for not responding. Just walk away. One last thing, it is rude to disappear and not ever respond after a date. You owe the person the courtesy of letting them know if you are interested in moving forward or not. It may be difficult. None of us like hurting the feelings of others, but man-up and take this step to make contact. If the date did not go well, you'll probably feel crappy for a few days. You won't die! It'll just take a while for you to feel ready to get back out there again. During this time, take a holiday from worrying about finding someone. Do something with friends, play a computer game, or eat a great meal. Process what happened, get yourself feeling better, and then you will

be ready to start your search anew.

Later, when you are feeling better, think about what did not go well before you attempt to meet someone else. Was it something about her that you did not like? If so, how can you refine your search parameters in future? Was it something that you did which derailed the encounter? If so, is it something you can work on? Was it just that you didn't click? If so, the best thing you can do is just accept that fact and move on. It doesn't always click. That's all there is to it!

Finally, keep going. The greatest thing you can do to separate yourself from the pack is to be determined and patient. Learn from your mistakes and never give up. It will take a lot of searching, but you can do it.

If it DID go well

Well, that's very damn exciting isn't it!

The first thing we have to say is, if anyone tells you that women like a guy to play it cool, don't listen. That whole 24 hour rule than men have? You know the one where men think that they should wait 24 hours before they contact a woman again? That is something men made up. Women don't believe in that. Be damn sure that she knows you had a great time, that you see promise, and that you'd really like to meet her again. Suggest another time to meet. Don't give it a few days so that you seem nonchalant about the whole thing. Far better to play to your submissive instincts and show her honestly and authentically that you'd love to see her more and see where things lead.

At the same time, don't get overexcited and get too vested. It can be really tempting when things are exciting to start inundating the other person with text messages, phone calls and the like. Yes, there's a place for that, but do proceed cautiously. Be sure that you're communicating with her at a

frequency she is comfortable with. Following her lead on this is the best approach. If she messages you frequently then by all means match pace, but be very careful not to exceed it. She is the dominant woman after all! So take this opportunity to work to become attuned to her.

Finally, we have to just put some sobering advice out there. Don't put all your eggs in one basket just yet! Take your time getting to know one another. Don't assume that this is the person you'll be spending the rest of your life with on the strength of one date. Just sit back, and enjoy the journey without obsessing over the destination.

Where To From Here?

So What Happens Next?

What happens next you ask? Well we're afraid you are now in territory that only you can traverse. Every woman is different and every relationship is different.

The good news is that the ideas and attitudes discussed in this book will help you.

If you can remain passionately committed to honesty, even when it is hard; if you can be someone she can depend upon, even when you have to go out of your way to be reliable; if she knows that you are with her because you are interested in who she truly is as a person; if you can show her that you both respect her and yourself as a passionately submissive guy with a good head on his shoulders ... if you can do all that ... and laugh along the way ... your chances are damn good, my friend. They are very good indeed.

Even though only you can navigate your way through the tempestuous waters of a kinky relationship, you aren't alone.

You can always come to <http://www.mensubmit.com> and make yourself known. The community is there if you should wish to ask questions, seek guidance, or just need a bit of support.

My final word to you is this: If you ever find yourself wondering if all this work, introspection and change is worth it, we want to tell you, it is. Nothing; NOTHING can replace the freedom to be who you truly are with someone whom you truly love. Fight for it; seek to make it happen, with every passionately subby resource you have at your disposal.

Good luck. :)

Thank You For Reading

Thank you for reading 'How To Meet A Dominant Woman'.

If you liked it, there are three things you can do to help us:

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2) Come and sign up for our newsletter at Men Submit. (<http://www.mensubmit.com>). This means that you'll receive news of new resources when they become available.

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Thanks so much.

Sydney and Logan Hart.

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FINDING YOUR DOMME

Countless men are desperate to meet a kinky and dominant woman, or a "domme." But it is hard! Most submissive men have to work very hard to find the woman of their dreams.

Written by a dominant woman and a submissive with years of shared experiences, this book is a practical, step-by-step guide for greatly increasing your chances of finding the woman you seek.

Based on hard won experience as well as detailed research on the experiences of many kinky people who have braved the singles kink scene, this book is the ideal companion guide for the submissive man who seeks to find the dominant woman of his dreams.



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